Organic Food Matters
Nutrition+Recipes+Sources

By Chef Jay Kinney

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Know Your Ingredients

-Acai
-Allspice
-Almonds
-Apples
-Avocado
-Banana
-Barley
-Basil
-Beans
-Beef
-Bee Pollen
-Beets
-Bell Peppers
-Bison
-Black Pepper
-Blackberries
-Blueberries
-Brazil Nuts
-Broccoli
-Brown Rice
-Butter
-Cabbage
-Cacao
-Cantaloupe
-Carrots
-Cashews
-Cauliflower
-Celery
-Cheese
-Cherries
-Chia Seeds
-Chicken
-Chickpeas
-Chives
-Cilantro & Coriander
-Cinnamon
-Cloves
-Coconut Oil
-Corn
-Crab
-Cranberries
-Cumin
-Cucumber
-Dates
-Dill Weed
-Eggs
-Elk
-Extra Virgin Olive Oil
-Flax Seeds
-Garlic
-Ginger
-Grapefruit
-Grapes
-Green Beans
-Hemp Seeds
-Kalamata Olives
-Kimchi
-Kiwi
-Lamb
-Lemon
-Lentils
-Lettuce
-Lime
-Lobster
-Macadamia Nuts
-Mango
-Manuka Honey
-Nutmeg
-Oats
-Onions
-Oranges
-Oregano
-Papaya
-Paprika
-Parsley
-Passion Fruit
-Peaches
-Peanut Butter

-Pears
-Pecans
-Pineapple
-Pomegranate Juice
-Potato
-Pumpkin
-Pumpkin Seeds
-Quinoa
-Raspberries
-Raw Milk
-Rosemary
-Sage
-Salmon
-Sorghum
-Strawberries
-Sunflower Lecithin
-Sweet Potato
-Thyme
-Tomato
-Turmeric
-Trout
-Vanilla
-Venison
-Walnuts
-Watercress
-Watermelon
-Whole Wheat
-Yogurt

Part II: Recipes

Busy Breakfast
Acai Smoothie
Acai & Pomegranate Smoothie
Apple Chia Granola
Apple Cinnamon Muffins
Apple Scones
Apple Cinnamon Overnight Oats
Apple Cinnamon Pancakes
Apple Pie Bars
Banana Muffins
Blueberry Scones
Blueberry Yogurt
Cacao & Chia Pudding
Cherry Chocolate Chia Granola
Cherry Scones
Costa Rican Smoothie
Dark Chocolate Granola
Dark Chocolate Protein Shake
Grandma’s Granola
Hungry Hawaiian Breakfast
Instant Apple Cinnamon Oatmeal
Jay’s Breakfast
Ka’Chava Overnight Oats
Mango Coconut Oatmeal
Mango Scones
October Oatmeal
Peanut Butter Protein Shake
Polynesian Fruit Salad
Pumpkin Chia Pudding
Pumpkin Gingerbread Waffles
Pumpkin Muffins
Pumpkin Pancakes
Pumpkin Scones
Spring Fruit Salad
Sweet Potato Scones
Tropical Thunder Smoothie
Very Berry Smoothie
Wild Blueberry & Lemon Muffins
Superb Sauces
Apple Cider Marinade
BBQ Sauce
Biscoff Cookie Butter
Bourbon Maple Marinade
Butter
Caesar Dressing
Carne Asada Marinade
Cherry BBQ Sauce
Chipotle Ranch Dressing
Chipotle Sauce
Chive Sauce
Crème Anglaise
Dulce de Leche Sauce
Easy Teriyaki Sauce
Green Chile Tequila Sauce
Guacamole

Honey Mustard
Horseradish Coleslaw Dressing
Horseradish Cream Sauce
Hummus
Ketchup
Mango BBQ Sauce
Mango Salsa
Marinara Sauce
Meyer Lemon Marinade
Mr. Smokey's Salsa
Mustard
Parmesan Garlic Sauce
Pineapple Mango Chutney
Ranch Dressing
Raspberry Cocktail Sauce
Remoulade
Roasted Red Pepper Jam
Rum Caramel Sauce
Smoked Chicken Dip
Sub Sandwich Dressing
Spicy Soy Sauce
Taco Simmer Sauce
Tangy Teriyaki Sauce
Thai Chile & Ginger Vinaigrette
Thai Mango Sauce
Thai Peanut Sauce
Turkish Chicken Marinade
Tzatziki Sauce
Wild Berry Sauce
Wild Blueberry Jam

<u>BIG, THICK & JUICY SANDWICHES</u>

Asian Pulled Pork
Big Beef Boss Burrito
Brunch Burritos
Bulgogi Sliders
Cheeseburger Wrap
Chicken Bacon Ranch Wrap
Chicken Quesadillas
Chipotle Lime Chicken Quesadillas
Detroit Cheesesteaks
French Chicken Salad
Irish Burritos
Italian Beef Panini
Kathi Gyros
Mozzarella Meatball Subs
Nacho Bison Quesadillas
Parmesan Garlic Four Cheese Panini
Pastrami Gyro
Smoked Salmon Salad
Southwest Chicken Hani
Super Sloppy J's

<u>Easy Entrees</u>

Barbados Barbacoa
BBQ Shrimp
Beef Barley Stew
Beef Bulgogi
Bison Burger Bowls
Bison Chili Mac
Bistro Beef Stew
Brazilian Feijoada
Butter Chicken Curry
Cajun Key West Shrimp & Boursin Grits
Chicken Cacciatore
Chicken Quesadillas
Crockpot Carnitas
Curry Tenders
"Dirty Chicken"
French Braised Beef
Hawaiian BBQ Pork Bowls
Hawaiian Chicken
Hungarian Red Deer Goulash
King Crab Gumbo
Korean Braised Short Ribs
Kung Pao Beef
Lobster Gumbo
Mexican Beef Barbacoa
Paella
Parmesan Garlic Chicken
Pasta with Bison Meat Sauce
Ponzu Beef & Rice Bowls
Pot Roast

Pronto Pizzas
Red Tenders
Roasted Red Salmon
Sausage, Pasta & Peppers
Sausage & Peppers with Roasted Potatoes
Sesame Ginger Chicken
Sesame Pork & Rice Bowls
Southwest Sweet Potato & Bacon Hash
Sri Lankan Chicken Curry
Steak Bites & Sweet Potatoes
Sweet & Sour Chicken
Teriyaki Chicken
Turkey & Wild Rice Soup
Venison Meatballs & Marinara
Wild Alaskan Salmon with Brown Rice & Broccoli

Sidekicks

Alaskan King Crab Cakes
Aromatic Rice
Bison Empanadas
Bison Gyoza
Boston Baked Beans
Boursin Mashed Potatoes
Braised Red Cabbage
Broccoli Boursin Risotto Fritters
Buttermilk Biscuits
Cast Iron Cornbread
Chicken Satay
Chorizo Empanadas
Curry Roasted Cauliflower
Garlic Cheese Biscuits
Garlic Herb Yukon Wedges
Garlic Mustard Coleslaw
Gluten-Free Cornbread
Jalapeno Cheddar Scones
Jamaican Beef Patties
Orange Glazed Carrots
Parmesan Garlic Scones
Quick Quinoa
Roasted Red Potatoes
Rosemary Roasted Sweet Potatoes
Saffron Rice
Smoked Gouda Mac & Cheese
Sweet Potato Biscuits
Turkish Lamb Kebabs

Bonus Recipes

Aluminum-Free Baking Powder
Andouille Sausage
BBQ Seasoning
Bee Pollen Lemonade
Boursin Cheese
Challah Bread
Chili Powder
Chorizo Sausage
Cinnamon Walnuts
Citrus Sports Drink
Curry Powder
High Fiber Bread
Honey Wheat Bread
Italian Sausage
Italian Seasoning
Mexican Seasoning
Pepperoni Rolls
Pumpkin Pie Spice
Roasted Beef Stock
Roasted Chicken Stock
Rosemary Focaccia Bread
Rosemary Kalamata Olive Bread
Sweet & Spicy Seasoning
That Red Stuff
West Virginia Sweet Rolls

Just Desserts

Almond Butter No Bake Cookies
Apple Cinnamon Bread Pudding
Bailey’s Crème Brûlée
Belgian Chocolate Chunk Cookies
Biscoff Business Parfaits
Biscoff Cookies
Black Raspberry Cobbler
Cacao Hemp Freezer Fudge
Chocolate Ice Cream
Chocolate Souffle

Christmas Party Hot Chocolate
Cinnamon Rolls
Dark Chocolate
Fudge Brownies
Gluten-Free Brownies
Hemp Protein Brownies
Hemp Protein Brownies II
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Molasses Cookies
Monkey Bars
Pumpkin Spice Bread Pudding
Superfood Cookies
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-Grocery
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-Nut Butters
-Olive Oil
-Organic Produce
-Raw Cow’s Milk
-Seafood
-Seeds
-Snacks
-Spices
-Superfoods & Supplements
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About the Author

Introduction

This book is dedicated to my hungry wife Miranda. She is my biggest fan. Bacon brought us together! If you want to do something worthwhile in life, you have to do the work. It's all about making measurable progress in a reasonable amount of time. When you develop a better plan in your life (or even a recipe), you can really pour it on. Life responds to deserve not need. I was very fortunate when I picked up a very valuable skill: cooking. It's something I would do for free. Cooking has led me to some wild places: the U.S. Army, Germany, Cuisine Magazine and even the Food Network. This is not your average cookbook. This book is really three books in one. In the first section, I will break down the nutritional profile of a wide range of foods. In the second section, I have put in my favorite recipes. In the last section, there is a massive source directory to help you shop online for the best organic produce, grass-fed grass-finished meats, wild-caught seafood, raw dairy and more! **This is the only cookbook in the world with complete nutritional analysis featuring macronutrients, amino acids, vitamins, minerals and ORAC values.** Everybody wants to know what is actually in our food, from a macro and micronutrient level, and this is a huge step forward for the health of mankind. I have the answers to your nutritional questions.

Keep in mind that science changes over time. What we know about the role of nutrition with its influence on the human body is constantly evolving. Nutrition should be about getting results not following a trendy new religion. The numbers in this book are estimates as no one can precisely track their macros. It would behoove all of us to not live and die by the nutrition panel, despite what Keto Karen would say. These are all my recipes that I have created over the last 20+ years as a chef. I started to write down my recipes when I was in culinary school. I have worked on this book every single day since my early days in chef school, January 2009. In this book we will explore dishes from many different cuisines: American, Italian, Mexican, French, Japanese, Thai, Greek, Spanish, Korean, Irish, Indian and Chinese.

One of the best experiences at Mountwest Community & Technical College was when I was selected to work with the Food Network in September 2009 for Jamie Oliver's TV show *Food Revolution* on ABC. This was one of the rare times in life when a massive opportunity literally woke me up as I was sleeping in my Serv Safe sanitation class. After this life-changing experience, I became more aware of the foods to eat and the foods to avoid. It is safe to say that I was definitely the teacher's pet in school. I was #1 in class. Every class, every exam, every day, I showed up to be the best in my

field. Being all that you can be was a classic motto that resonated with me. This book took me 16 years to write. Every single day I did a little writing. Finally, all of my crazy thoughts are now on paper. Many people ask me why I write so much (this is my 6th book) and why write a cookbook? After several failed attempts, I had a dream of writing a cookbook since I was a teenager. Along with the fact that we are all going to die, I want to make my life count. This book is my contribution to the world. People want to know what's in their food. This book has the answers that you are looking for. As of the time of publication, this is the only cookbook on the planet that has full nutritional information for each recipe. With regards to food, eat the best and forget the rest.

Part I: Nutrition

"Foods" to Avoid

Cooking food pays huge dividends for your health, easier said than done. To achieve great health, you have to pay the price. There are only two factors to consider with cooking on a regular basis. There is the pain of discipline or the pain of regret. After living through the 2020's, we cannot inject our way to better health. Some people believe that they can. Newsflash, building a bulletproof immune system is far better than sucking down Big Pharma products. We cannot inject our way to better health.

You could cook that meal, save some money and your waistline. Or you can pull up in the drive thru. I've never been a fan of fast food, so let it sink in. If you can master self-discipline, that is true power. The really sad part about human nature is that we only do what we have to. You could do this; you could do that but will you. Will you convert that will into a must? I can already hear it. I know buying produce and meat costs money.

It takes time but hey it's your life. Read the books, walk around the block, go to the farmers markets every Saturday. You really have no excuse here. As cheesy as it sounds, you are what you eat. I may not be a doctor but at least take a look at what you are eating. Today we are constantly bombarded with what's good and bad to eat.

It's not politically correct to say just eat a balanced diet. People want to be sold on the latest diet fad that makes people like us and pancakes fall from the sky. You can't sell people on the idea of eating salmon, broccoli and potatoes. Maybe these trendy diet fads, such as the vegan diet and carnivore diet, were designed to throw our bodies out of whack and cause nutritional deficiencies. For carnivores, Vitamin C deficiency is possible. For

vegans, where do I start? Vitamin B12, Vitamin D and Iron Deficiencies are possible. Listen to all and follow no one. Make sure your life, and your diet, is the product of your own conclusions. Something to think about.

Ironically, stress and oxygen are two of the biggest threats to your health. Do you live on a super sophisticated diet of soda and cigarettes? If so, that is sad. It really chaps my ass when people don't try new foods. You could cook that meal, save some money and your waistline. Or you can pull up in the drive thru.

I may not be a doctor but at least look at what you are eating. It sure beats taking a bunch of pills every night. Especially after the Corona Era, you have to face the cold realization that you cannot inject your way to better health. It goes back to prevention. Unfortunately, for Big Pharma, there is no money in prevention or releasing an effective "cure."

Today we are constantly bombarded with what's good and bad to eat. We are drowning in too much information yet starving for wisdom. It would behoove you to redefine your diet as a lifestyle by eating a variety of healthy foods.

How hard is that? As cheesy as it might sound or taste, you are what you eat. You don't want to end up as a wrinkly 'Cheeto' dusted tattooed encrusted grandma on a motorized wheelchair. Trolling through Walmart is no fun on an electric bumper car ride because of poor health. During my time at the Food Network, I worked extensively to help revamp school lunch programs in Huntington, WV. At the time, 2008-2009; it was viewed as the fattest city in America.

What you eat today will have a positive or negative ripple effect on your body that can last for weeks or even months. Human beings make their lives far too complicated. Break free from the chains of social conditioning. Eat healthy foods or die an early death.
Dirty foods will not help you build a rich, dynamic life. There is a real art to eating well and knowing how to execute a specific dish is science. Learning how to cook is an essential life skill for everyone. You really appreciate what you did when it's your creation.

There could be severe consequences bearing down on the easy life led by munching fast snacks instead of eating sensibly. Calorie conservation was

key in the past but now it's calorie explosion. It is wise to question everything you eat. Talk to the farmers who grow your food!

I am the classic man who refuses to see the doctor. Ever notice how the more money Americans spent on "healthcare" the unhealthier we have become overall? We are better off spending more time and money on PREVENTION. We are what we eat. The body is self-healing and self-regulating. We are all energy. Energy is never destroyed; it is merely transferred.

Let's be very clear: I am not advocating for never going to the doctor. What I am saying is that many ailments or health issues can be solved with a holistic approach versus the "take another pill" allopathic approach.

I never knew my grandparents on my Dad's side. There are many reasons to write a cookbook.

I was inspired to write this cookbook because of my Grandpa on my Mom's side.

He died in 1995 when I was 5 years old. He was 75. I found out later that he was a cook in the Army and he was stationed in North Africa in WWII. My Grandma was a cafeteria cook in Detroit for many years and she also worked in a factory making hub caps for cars. Cooking runs in my blood.

When my Grandpa was 73.5, he went to get a checkup from his doctor. The doctor advised that he clean up his poor diet to lower his risk of dying from a heart attack. My Grandpa was stubborn. He asked the doctor if he could just ignore his advice and do nothing.

"Doc, if I don't clean up my diet, how long do I have?"

"In my opinion you have 18 months left to live."

My Grandpa went on living his normal unhealthy life and not taking the doctor's advice to cleanup his diet. He died 18 months later. When I heard this story, it sent chills up my spine. I'm not a doctor, but you have to take care of your heart since it is the most important muscle in the body. Every time I recall this story, it makes me cry. In your family, you know this story. The moral of the story is that some doctors have your best interest at heart. Maybe they are the ones who are not getting Big Pharma kickbacks or letting drug salesmen bride their staff.

It is ideal to design our life based on healthy foods, healthy habits and a healthy mindset. People ask me all the time, “Hey Chef, what do you eat?” It really comes down to personal preference.

I have examined the world of vegans, vegetarians, paleo, ketogenic women over 45, the folks who are thrilled to track Weight Watcher’s points and carnivores. I would say that we should not divide ourselves up into little dietary tribes who despise the other tribe. Dietary tribalism should be avoided. What foods should we eat? To be intellectually honest: I have no clue! It is all trial and error. Every diet works in the short-term, but not in the long-term. This is where the real homework begins.

I am a big believer in the importance of fat in the diet. Ever notice how saturated fat and cholesterol were demonized while Crisco, margarine and vegetable oils have destroyed so many Americans? Just a thought. Our bodies need natural fats and cholesterol, animal-based, not the synthetic versions that line the middle aisles at grocery stores. The middle aisles were designed to pull us away from the outer layer of a store. The best foods are usually found on the outer layer of a store.

A good rule of thumb is to buy perishable foods. Short ingredient labels is what you want to shoot for. If you just avoid the government subsidized GMO crops, corn, soy and wheat, along with preservatives and food additives, you are on your way to better health. Let’s kick this book off with what you should not eat.

GMO Corn = Metabolic problems
GMO Wheat = Intestinal problems
GMO Soy = Hormonal problems

GMOs are one big issue, a topic for another day. Glyphosate is the main culprit for destroying people from the inside out. Gut health matters! If you destroy your gut microbiome, you will shut down your immune system. In my research, I think it is safe to say that all of us can reduce the amount of sugar that we consume. It worked for me. As a kid, I was inundated with mountains of sugar in the form of fizzy pop, ice cream, popsicles, candy, slushies, etc. I had to learn the importance of health and nutrition on my own.

“That organic kid” was a common nickname in my early 20’s. Believe it or not, shopping at Whole Foods did not send me into the poor house even though they have the unfortunate nickname of “whole paycheck.” Before we

had endless grocery stores, people faced calorie conservation. Today, we are faced with a calorie explosion.

Fasting is a dietary discipline that everyone can do. It is also called sleeping. When you have little food, fasting can be a necessary metabolic tool to recycle old proteins and therefore repair our bodies (aka autophagy). However, despite the rumors that swirl in the Keto Cult, fasting will not give you superpowers, nor will it increase your testosterone levels by 2,000% despite what your Scientologist cult leader on YouTube might say.

Fat plays a vital role in our daily caloric demands. Our brain is made up of DHA, saturated fat and cholesterol. This is important because the body can utilize fat (ketones) more efficiently than sugar (glucose). Both are legitimate energy sources for the body. Insulin resistance is a huge problem that I have discovered when we feast on tons of carbs and sugar. The more you exercise, the more carbs that you can use to fuel the fire of exercise. Maybe drop them on rest days. Test it for yourself.

People just consume way too much sugar. Proper insulin management is a big key for longevity and optimal health. When we fast, or not eat for a while, we sharpen our minds, speeding up physical recovery and giving our digestive system a break. In fact, every single person on the planet fasts. When we sleep, we also fast. How long we fast is another question.

Excess sugar and starch will throw your insulin levels off the wall. I like to focus my plate on grass fed meats, wild caught seafood, organic fruits and vegetables, organic, pasture-raised, grass-fed, full fat dairy all that jazz whenever possible. Fortunately, I have come a long way in my nutrition journey. I used to be the cereal everyday kid. As a kid, we had anywhere from 20 to 30 different boxes of cereal in the house. How much cereal do you need!? As a kid, I was constantly inundated with infections, colds, flu, etc. Poor nutrition was a major reason for my ailments. Full disclosure: I am not a doctor. I have no need for unnecessary chemicals and toxins. I always advise people to avoid these additives:

<u>Trans Fat</u>

Back in the day, 2010-2012, I worked at Walmart with a McDonald's inside. December 2012 was the time when I gave up fizzy pop and fast food. In hindsight, I discovered the massive amount of trans fat in all of the fast food choices. Do yourself a favor and avoid fast food like the plague! "Vegetable Oils" are the real villains in the food world. Give up on margarine and Crisco since these fake foods are for fake people. Crisco was originally used

to make candles, soap and car lubricants! Margarine is very close to plastic on a molecular level. Partially hydrogenated and fully hydrogenated vegetable oils are often mislabeled on many foods.

If a food has 0.50g or less, "legally" it can be labeled as 0g for trans-fat! Food manufacturers can literally lie their way to the bank with this loophole.

These corrupt companies use this slimy strategy to maximize their profits at the expense of your health. Trans fat helps to extend shelf life for packaged foods, but they are horrible for your body. This type of fat is made from the addition of hydrogen atoms to vegetable oils. It would behoove all of us to avoid shortening and margarine. Trans-fat will destroy your body. Trans-fat clogs arteries that may lead to heart disease.

Trans-fat decreases testosterone in men (less fun with your partner). Trans-fat increases the risk of Alzheimer's, cancer, diabetes, arthritis, liver damage and osteoporosis.

Which foods contain TRANS-FAT?

Black Bear Diner Biscuits & Gravy 19g
Captain D's Seafood Feast 16g
Romano's Macaroni Grill Caesar Salad with Salmon 15g
Big Boy Sausage Gravy (1 serving) 14.25g
Beef O Brady's Five Cheeseburger with Fries 13g
Beef O Brady's Five Cheese Griller with Fries 12g
Logan's Roadhouse Grilled Salmon with Rice and Dill Sauce 12g
Red Robin Pig Out Tavern Double Burger 12g
Red Robin Red's Tavern Double Burger 11g
Red Robin Haystack Tavern Double Burger 11g
Red Robin Cowboy Ranch Tavern Double Burger 11g
Red Robin Kid's Red's Burger (beef) 10g
Red Robin Kid's Red's Burger (veggie) 10g
Red Robin Tavern Bun 10g
Shoney's Biscuits & Gravy 10g
Texas Roadhouse Bone In Ribeye 10g
Shoney's Pancakes (4 pancakes) 10g
Shoney's Country Fried Steak Breakfast with biscuit 10g
Captain D's Chicken Family Meal (14 piece) 9g
O'Charley's Loaded Potato Soup 8g
Carrabba's Italian Grill Calamari 8g
Famous Dave's Farmhouse Platter with Boneless Wings 8g

Famous Dave’s Cheese Curds with Dave’s Ranch Dressing 7g

Dunn Brothers Apple Fritter 7g

Eastside Mario’s Lasagna 7g

The Cheesecake Factory Nachos with Chicken 6g

Outback Steakhouse Sydney Shrooms 6g

Outback Steakhouse Classic Prime Rib (12 oz.) 6g

Logan’s Roadhouse Baked Potato 6g

Logan’s Roadhouse Sweet Potato 6g

Beef O Brady’s Prime Rib Garlic Melt with Fries 6g

Beef O Brady’s Shrimp Fajitas 6g

Beef O Brady’s Grilled Shrimp with Broccoli & Rice 5g

Beef O Brady’s Grilled Chicken with Broccoli & Rice 5g

Yard House Mac & Cheese (large) 5g

Maggiano’s Little Italy Bone In Ribeye (16 oz.) 5g

O’Charley’s Chicken Harvest Soup 5g

Hardee’s Beef Taco Salad 5g

Shoney’s All-Star Breakfast with biscuits and potatoes 5g

Logan’s Roadhouse Porterhouse (20 oz.) 5g

Outback Steakhouse Bloomin’ Onion 5g

Outback Steakhouse Bone In Ribeye (18 oz.) 4.5g

Outback Steakhouse Taz Crawfish 4.5g

Captain D’s Supreme Sampler 4.5g

Honeydew Donuts Frozen Coffee (large) 4.5g

Texas Roadhouse Bread Pudding 4.5g

Hooter’s DD Burger 4.5g

Carrabba’s Italian Grill Zucchini Fritte 4.5g

The Cheesecake Factory Sweet Potato Enchiladas 4.5g

The Cheesecake Factory Classic Italian Trio 4.5g

The Cheesecake Factory Macaroni & Cheese 4.5g

Texas Roadhouse Bread Pudding 4.5g

Texas Roadhouse All-American Cheeseburger 4g

Logan’s Roadhouse T-Bone (16 oz.) 4g

Logan’s Roadhouse Wood Grilled Shrimp 4g

Outback Steakhouse Three Cheese Steak Dip 4g

Outback Steakhouse Hot Kookaburra Wings (large) 4g

Shoney’s Garlic Cheese Biscuit (1 biscuit) 4g

Texas Roadhouse Smokehouse Burger 4g

Waffle House Pecan Pie (1 regular slice) 4g

Hardee’s Chicken Taco Salad 4g

Black Bear Diner Homestyle Fried Chicken 4g
Black Bear Diner Bigfoot Chicken Fried Steak 4g
TGI Fridays Tostado Nachos 4g
Yard House Chicken Nachos 4g
Beef O Brady's Buffalo Chicken Sandwich with Fries 4g
Captain D's Deluxe Seafood Platter 4g
Twin Peaks Spicy Meatball Skillet with garlic bread 4g
Honeydew Donuts Frozen Caramel Latte (large) 4g
O'Charley's New Orleans Cajun Chicken Pasta 4g
Logan's Roadhouse Mesquite Grilled Pork Chops 4g
Carl's Jr 2/3 lb. Monster Angus Thick Burger 4g
Carl's Jr Spicy Double Western Bacon Cheeseburger 4g
The Cheesecake Factory Red Velvet Cheesecake 4g
The Cheesecake Factory Classic Burger 3.5g
The Cheesecake Factory Smokehouse BBQ Burger 3.5g
The Cheesecake Factory Mushroom Burger 3.5g
The Cheesecake Factory Breakfast Burrito 3.5g
The Cheesecake Factory Cinnamon Roll Pancakes 3.5g
The Cheesecake Factory Monte Cristo Sandwich 3.5g
The Cheesecake Factory Celebration Cheesecake 3.5g
The Cheesecake Factory Carrot Cake 3.5g
Texas Roadhouse Porterhouse T-Bone 3.5g
Denny's Double Cheeseburger 3.5g
Logan's Roadhouse Loaded Potato Soup (bowl) 3.5g
Burger King Bacon King 3.5g
La Madeleine Breakfast Croissant with Bacon 3.5g
Longhorn Steakhouse Chocolate Stampede 3.5g
Shoney's Kid's Shoney Bear Pancake with bacon 3.5g
Shoney's Shrimp & Grits 3.5g
Black Bear Diner House Made Meatloaf Dinner 3.5g
Black Bear Diner Slow Cooked Pot Roast Dinner 3.5g
Captain D's Fish & Chicken (2 piece) 3.5g
Captain D's White Fish, Shrimp & Crab 3.5g
Captain D's Captain Sandwich 3.5g
Chick-Fil-A Mac & Cheese Tray 3.5g
Twin Peaks Spicy Meatball Parmesan Sandwich 3.5g
O'Charley's Kid's Mac & Cheese 3.5g
O'Charley's Classic French Dip Sandwich 3.5g
Outback Steakhouse Aussie Cheese Fries 3.5g
Little Caesar's Pepperoni Thin Crust Pizza (large pizza) 3.5g
Little Caesar's Beef Deep Dish Pizza (large pizza) 3.5g
Little Caesar's Deep Dish Pizza (large pizza) 3g

Little Caesar’s Three Meat Treat (large pizza) 3g
Outback Steakhouse Cheesecake 3g
Captain D’s Catfish Feast 3g
Logan’s Roadhouse Old-Fashioned Roadhouse Burger 3g
Logan’s Roadhouse Deluxe Burger 3g
Logan’s Roadhouse Sauteed Mushrooms 3g
Logan’s Roadhouse Fried Cheese & Bacon Burger 3g
P. F. Chang’s NY-Style Cheesecake 3g
Maggiano’s Little Italy Our Famous Rigatoni “D” 3g
Maggiano’s Little Italy Twin Cold Water Lobster Tails 3g
Red Robin Monster Burger 3g
Red Lobster Cajun Chicken Linguine 3g
Jack in the Box Bacon Ultimate Cheeseburger 3g
Jack in the Box Jack’s Spicy Chicken Sandwich 3g
Boston Market Rotisserie Prime Rib 3g
Oberweis Vanilla Milkshake 3g
Oberweis Chocolate Milkshake 3g
Oberweis Strawberry Milkshake 3g
Olive Garden Chicken & Shrimp Carbonara 3g
Red Lobster Seaside Shrimp Trio 3g
Sbarro NY Pepperoni Pizza (1 slice) 3g
Rally’s ½ lb. Chicken Bites & Fries 3g
Rally’s Plain Boneless Chicken Wings (20 piece) 3g
Denny’s Double Cheeseburger 3g
Wawa Double Cheeseburger 3g
O’Charley’s Ultimate Omelet 3g
Wendy’s Baconator 3g
Longhorn Steakhouse Texas Brisket Queso 3g
Big Boy Super Big Boy Burger 3g
Hooter’s Cheeseburger Sliders 3g
Hooter’s Texas Melt 3g
Hooter’s Fajita Chicken Quesadilla 3g
Hooter’s Fajita Steak Quesadilla 3g
Twin Peaks Chicken Fried Steak 3g
Carrabba’s Italian Grill Strawberry Cheesecake 3g
Maggiano’s Little Italy Bombalina Platter 3g
Yard House Grilled Korean BBQ Beef 3g
Romano’s Macaroni Grill Steak & Potatoes 3g
Romano’s Macaroni Grill Truffle Mac & Cheese 3g
Romano’s Macaroni Grill Seafood Ravioli 3g
Eastside Mario’s Burger 3g
Black Bear Diner Parmesan Sourdough Cheeseburger 3g

Black Bear Diner Prime Rib 3g
Beef O Brady's Prime Rib Sandwich with Fries 3g
Beef O Brady's Reuben with Fries 3g
Beef O Brady's California Turkey Melt 3g
Beef O Brady's Kid's Grilled Cheese 3g
The Cheesecake Factory Key Lime Cheesecake 3g
The Cheesecake Factory Caramel Pecan Turtle Cheesecake 3g
The Cheesecake Factory Tiramisu Cheesecake 3g
The Cheesecake Factory Oreo Milkshake 3g
The Cheesecake Factory Godiva Chocolate Cheesecake 3g
The Cheesecake Factory Cinnabon Cinnamon Swirl Cheesecake 3g
The Cheesecake Factory Smores Galore Cheesecake 3g
The Cheesecake Factory Dulce de Leche Caramel Cheesecake 3g
The Cheesecake Factory White Chocolate Raspberry Truffle Cheesecake 3g
The Cheesecake Factory Fresh Banana Cream Cheesecake 3g
The Cheesecake Factory Chocolate Mousse Cheesecake 3g
The Cheesecake Factory Hot Spinach & Cheese Dip 3g
The Cheesecake Factory Fettuccine Alfredo 3g
The Cheesecake Factory Shepherd's Pie 3g
The Cheesecake Factory French Dip Cheeseburger 3g
The Cheesecake Factory Chicken Parmesan Pizza Style 3g
The Cheesecake Factory California Omelet 3g
The Cheesecake Factory Southern Fried Chicken Sliders 2.5g
The Cheesecake Factory Baked Potato Soup (bowl) 2.5g
The Cheesecake Factory Pasta Carbonara 2.5g
The Cheesecake Factory Louisiana Chicken Pasta 2.5g
The Cheesecake Factory Bistro Shrimp Pasta 2.5g
The Cheesecake Factory Chicken Piccata 2.5g
The Cheesecake Factory Famous Meatloaf 2.5g
The Cheesecake Factory Old Fashioned Burger 2.5g
The Cheesecake Factory Thai Coconut Lime Chicken 2.5g
The Cheesecake Factory Shrimp & Chicken Gumbo 2.5g
The Cheesecake Factory Hot Fudge Sundae 2.5g
The Cheesecake Factory Chocolate Milkshake 2.5g
The Cheesecake Factory Vanilla Milkshake 2.5g
The Cheesecake Factory Fresh Strawberry Cheesecake 2.5g
The Cheesecake Factory Oreo Dream Cheesecake 2.5g
The Cheesecake Factory Coconut Cream Pie Cheesecake 2.5g
The Cheesecake Factory Ghirardelli Chocolate Cheesecake 2.5g
The Cheesecake Factory Salted Caramel Cheesecake 2.5g

The Cheesecake Factory Mango Key Lime Cheesecake 2.5g
The Cheesecake Factory Lemon Raspberry Cheesecake 2.5g
The Cheesecake Factory Chocolate Tuxedo Cheesecake 2.5g
Denny’s Classic Patty Melt 2.5g
Denny’s Country Fried Steak with Gravy 2.5g
Hooter’s BBQ Pork Sliders 2.5g
Hooter’s Baja Burger 2.5g
Hooter’s Burger 2.5g
Hooter’s Western BBQ Burger 2.5g
Hooter’s Burger Sliders 2.5g
Sonic Blast with Snickers (large) 2.5g
Texas Roadhouse Bone In Pork Chop 2.5g
Texas Roadhouse BBQ Chicken Sandwich 2.5g
Texas Roadhouse Fried Pork Sandwich 2.5g
Texas Roadhouse Mushroom Jack Chicken Sandwich 2.5g
Little Caesar’s Ultimate Supreme Pizza (large pizza) 2.5g
Little Caesar’s Pepperoni Pizza (large pizza) 2.5g
Outback Steakhouse The Bloomin’ Burger 2.5g
Boston Market Meatloaf 2.5g
Baskin Robbins Vanilla Milkshake 2.5g
Baskin Robbins Mint Chocolate Milkshake 2.5g
Burger King Sausage, Egg& Cheese Croissan’Wich 2.5g
Jack in the Box Chicken Sandwich 2.5g
Dairy Queen Crispy Chicken Sandwich 2.5g
Shake Shack Chocolate Birthday Cake Shake 2.5g
Whataburger Triple Meat Burger 2.5g
Captain D’s Butterfly Shrimp (15 piece) 2.5g
Captain D’s Chicken (4 piece) 2.5g
Captain D’s Jalapeno Poppers 2.5g
Captain D’s Southern Style White Fish Fillet 2.5g
Carl’s Jr. Biscuit & Gravy 2.5g
Cold Stone Creamery Cheesecake Fantasy (12 oz.) 2.5g
Cold Stone Creamery Strawberry Blonde Ice Cream (12 oz.) 2.5g
Culver’s Root Beer Shake 2.5g
Olive Garden Asiago Chicken Tortellini Alfredo 2.5g
Big Boy Biscuit 2.5g
Texas Roadhouse Fried Pork Sandwich 2.5g
Texas Roadhouse Pulled Pork Sandwich 2.5g
Romano’s Macaroni Grill Chicken Scaloppine 2.5g

Honeydew Donuts Frozen Mocha Madness (large) 2.5g
Twin Peaks Fried Chicken 2.5g
Applebee’s Classic Broccoli & Blackened Shrimp Alfredo 2.5g
Applebee’s Classic Broccoli Chicken Alfredo 2.5g
Applebee’s Crispy Cheese Bites 2.5g
Red Lobster Cheddar Bay Biscuit (1 biscuit) 2.5g
Red Lobster Garlic Linguini Alfredo with Chicken 2.5g
Red Lobster Garlic Linguini Alfredo with Crab 2.5g
Red Lobster Garlic Linguini Alfredo with Shrimp 2.5g
Hardee’s Biscuit & Gravy 2.5g
Famous Dave’s Double Stack Cheeseburger 2.5g
Famous Dave’s NY Cheesecake 2.5g
On The Border Mexican Grill Beef Empanadas with Queso 2.5g
Shoney’s Mashed Potatoes 2.5g
Yard House Wisconsin Fried Cheese Curds 2.5g
O’Charley’s Ooey Gooey Caramel Pie (1 slice) 2.5g
Maggiano’s Little Italy Italian Meatballs 2.5g
Maggiano’s Little Italy Garlic Bread 2.5g
Burger King Chicken Tenders (6 piece) 2.5g
Jack in the Box Grilled Chicken Sandwich 2g
Arby’s ½ lb. Beef & Cheddar Sandwich 2g
Arby’s Mozzarella Sticks (8 piece) 2g
Au Bon Pain Macaroni & Cheese (large) 2g
Captain D’s Giant Fish Sandwich 2g
Red Lobster Wagyu Bacon Cheeseburger 2g
Hooter’s Beef Philly Cheese Steak 2g
Hooter’s Buffalo Chicken Quesadilla 2g
TGI Fridays Chicken Quesadilla 2g
TGI Fridays Cheddar Bacon Omelet Burger 2g
Texas Roadhouse NY Strip (12 oz.) 2g
Oberweis Banana Royale 2g
Oberweis Hot Fudge Brownie 2g
Oberweis Lava Cake 2g
Burger King Chick’n Crisp with Mayo 2g
Burger King Croissan’Wich Ham, Egg & Cheese 2g
Burger King Croissan’Wich Bacon, Egg & Cheese 2g
Sbarro NY Cheese Pizza (1 slice) 2g
Outback Steakhouse Bloomin’ Fried Chicken 2g
Outback Steakhouse Chicken Tenders with Fries 2g
Logan’s Roadhouse Santa Fe Tilapia 2g
Logan’s Roadhouse Cinnamon Apples 2g

Carl’s Jr. Jalapeno Double Cheeseburger 2g
Popeye’s Catfish Po’Boy Sandwich 2g
Popeye’s Cajun Fries 2g
Checker’s Baconzilla 2g
Shake Shack Double Shack Burger 2g
McDonald’s Big Mac 2g
Dairy Queen ½ lb. Grill Burger 2g
Five Guys Bacon Cheeseburger w/ mayo 2g
Whataburger Mushroom Swiss Burger 2g
Sonic Oreo Chocolate Shake 2g
Sonic Caramel Shake 2g
Sonic Chocolate Shake 2g
Sonic Fresh Banana Shake 2g
Sonic Cheesecake Shake 2g
IHOP Country Fried Steak & Eggs with Gravy 2g
Carl’s Jr. Super Star Cheeseburger 2g
Smashburger Colorado Burger 2g
Smashburger Smoked Bacon Brisket Burger 2g
Smashburger Classic Smash Burger 2g
Smashburger Bacon Smash Burger 2g
Smashburger Avocado Bacon Club Burger 2g
Smashburger BBQ Bacon Cheddar Burger 2g
Smashburger Truffle Mushroom Swiss Burger 2g
Smashburger Haystack Onions 2g
Smashburger Chocolate Shake 2g
Smashburger Vanilla Shake 2g
Smashburger Strawberry Shake 2g
Smashburger Oreo Shake 2g
Smashburger Peanut Butter Shake 2g
Burger King Whopper Sandwich with Cheese 2g
Shake Shack Double Shack Burger 2g
Chick-Fil-A Garden Herb Ranch Sauce (8 oz.) 2g
Del Taco Double Del Cheeseburger 2g
Little Caesar’s Veggie Pizza (large pizza) 2g
Little Caesar’s Pepperoni Cheese Bread (10 breadsticks) 2g
McDonald’s Angus Mushroom & Swiss 2g
California Pizza Kitchen Garlic Cream Fettuccine 2g
Culver’s Vanilla Frozen Custard (1 pint) 2g
Applebee’s Breadsticks with Alfredo Sauce 2g
Applebee’s Three Cheese Chicken Penne 2g
Applebee’s Classic Cheeseburger 2g
Olive Garden Chicken Alfredo 2g

Olive Garden Fettuccine Alfredo 2g
Olive Garden Meatballs (3) 2g
Olive Garden Creamy Mushroom Sauce 2g
Olive Garden Alfredo Sauce (large) 2g
Wendy's Big Bacon Cheddar Cheeseburger 2g
Logan's Roadhouse Kid's Chicken Tenders 2g
Longhorn Steakhouse White Cheddar Stuffed Mushrooms 2g
Longhorn Steakhouse Praline Cheesecake 2g
Longhorn Steakhouse Kid's Cheeseburger 2g
Big Boy Dinner Spaghetti with Meat Sauce 2g
Texas Roadhouse Tater Skins 2g
Carrabba's Italian Grill Tiramisu 2g
Yard House Shiitake Garlic Noodles 2g
Yard House Chicken Tortilla Soup (bowl) 2g
Yard House Pepper Jack Burger 2g
Yard House Braised Short Rib Ravioli 2g
Yard House Lobster Garlic Noodles 2g
Dunn Brothers Belgian Waffle Trio 2g
Shoney's Chocolate Pudding (1/2 cup) 2g
Shoney's Fish & Chips Platter 2g
Maggiano's Little Italy Spinach & Artichoke Al Forno 2g
Maggiano's Little Italy Mom's Lasagna 2g
Maggiano's Little Italy Shrimp Scampi 2g
Maggiano's Little Italy Meatball Sandwich (full) 2g
Maggiano's Little Italy Gigi's Butter Cake 2g
On The Border Mexican Grill Border Sampler 2g
On The Border Mexican Grill Chicken Empanadas with Queso 2g
Twin Peaks Bourbon Pecan Pie (1 slice) 2g
Twin Peaks Cinnamon Toast Crunch Cheesecake (1 slice) 2g
Applebee's Neighborhood Beef Nachos 2g
The Cheesecake Factory Roadside Beef Sliders 2g
The Cheesecake Factory Pretzel Bites with Cheddar Cheese Fondue 2g
The Cheesecake Factory Herb Crusted Filet of Salmon 2g
The Cheesecake Factory Spaghetti & Meatballs 2g
The Cheesecake Factory Shrimp Scampi 2g
The Cheesecake Factory California Cheesesteak 2g
The Cheesecake Factory Original Cheesecake 2g
The Cheesecake Factory Peanut Butter Chocolate Cheesecake 2g
The Cheesecake Factory Pineapple Upside Down Cheesecake 2g

The Cheesecake Factory Caramel Apple Cheesecake 2g

The Cheesecake Factory Strawberry Milkshake 2g

Bahama Breeze Bacon & Cheddar Burger 2g

O'Charley's Veggie Omelet 2g

O'Charley's Cream of Tomato Basil Soup 2g

O'Charley's Club Sandwich 2g

Romano's Macaroni Grill Shrimp Portofino 2g

Famous Dave's Ultimate Burger 2g

Famous Dave's Bread Pudding with Vanilla Ice Cream 2g

Red Robin The Mad Love Burger 2g

Red Robin The Southern Charm Burger 2g

Red Robin Bacon Cheeseburger 2g

Red Robin Mozzarella Sticks 1.5g

Captain D's Kid's Chicken Tenders 1.5g

Dairy Queen Caramel Fudge Cheesecake Blizzard (medium) 1.5g

Twin Peaks Garlic Mashed Potatoes 1.5g

O'Charley's Kid's Grilled Cheese 1.5g

O'Charley's Garlic Shrimp Pasta 1.5g

O'Charley's Chicken Pot Pie 1.5g

O'Charley's Strawberry Cheesecake (1 slice) 1.5g

O'Charley's Bananas Foster Cheesecake (1 slice) 1.5g

Bob Evans Country Fried Steak 1.5g

Bob Evans Cheeseburger 1.5g

Bob Evans Bacon Cheeseburger 1.5g

Bob Evans Steakhouse Burger 1.5g

Bob Evans Rise & Shine Burger 1.5g

Denny's Junior Cheeseburger 1.5g

The Cheesecake Factory Stuffed Mushrooms 1.5g

The Cheesecake Factory Cheeseburger Spring Rolls 1.5g

The Cheesecake Factory Chicken Quesadilla 1.5g

Wendy's Single Hamburger 1.5g

Arby's Double Beef & Cheddar 1.5g

White Castle Hot Chocolate (medium) 1.5g

Outback Steakhouse Kid's Burger 1.5g

Texas Roadhouse Dallas Filet (8 oz.) 1.5g

Texas Roadhouse Filet Medallions 1.5g

Texas Roadhouse Kid's All Beef Hot Dog 1.5g

TGI Fridays Mozzarella Sticks with Marinara 1.5g

TGI Fridays Bacon Cheeseburger 1.5g

TGI Fridays Cajun Shrimp & Chicken Pasta 1.5g

TGI Fridays Chicken Parmesan Pasta 1.5g
TGI Fridays Red Velvet Cake 1.5g
Rally's Fries (large) 1.5g
Carl's Jr Vanilla Shake 1.5g
Carl's Jr Chocolate Shake 1.5g
Carl's Jr Strawberry Shake 1.5g
Carl's Jr Oreo Cookie Shake 1.5g
Whataburger Patty Melt 1.5g
Whataburger Bacon Burger 1.5g
Whataburger Mushroom Swiss Burger 1.5g
Whataburger Double Meat Cheeseburger 1.5g
Popeye's Classic Chicken Sandwich 1.5g
McDonald's Quarter Pounder with Cheese 1.5g
Burger King Whopper with Cheese 1.5g
Sonic Bacon Cheeseburger 1.5g
Sonic Philly Cheesesteak Sandwich 1.5g
Sonic Chili Cheesy Coney 1.5g
Sonic Breakfast Steak & Egg Burrito 1.5g
McDonald's Chicken McNuggets (6 piece) 1.5g
Dairy Queen Ultimate Burger 1.5g
McDonald's Premium Crispy Chicken Classic 1.5g
McDonald's Premium Crispy Chicken Club 1.5g
McDonald's Double Cheeseburger 1.5g
McDonald's Big Mac 1.5g
Olive Garden Spinach Artichoke Dip 1.5g
Olive Garden Spaghetti & Meatballs (3) 1.5g
Olive Garden Chicken Marsala 1.5g
Olive Garden Chocolate Brownie Lasagna 1.5g
Olive Garden Sicilian Cheesecake 1.5g
IHOP Black Angus Kid's Cheeseburger 1.5g
California Pizza Kitchen West Coast Burger 1.5g
California Pizza Kitchen Curly Mac & Cheese 1.5g
Chick-Fil-A sauce (8 oz.) 1.5g
Dunkin Donuts Butter Pecan Swirl Frozen Coffee (large) 1.5g
Dunkin Donuts Cake Batter Swirl Frozen Coffee (large) 1.5g
Dunkin Donuts French Vanilla Swirl Frozen Coffee (large) 1.5g
Shake Shack Chocolate Shake 1.5g
Shake Shack Chocolate Cookies & Cream Shake 1.5g
Applebee's Neighborhood Chicken Nachos 1.5g
Applebee's Tomato Basil Soup 1.5g
Big Boy ¼ lb. Cheeseburger 1.5g
Big Boy Kid's Big Boy Burger 1.5g

Big Boy Patty Melt 1.5g

Corner Bakery Café Kid's Mac & Cheese 1.5g

Boston Market Meatloaf Meal 1.5g

Boston Market Meatloaf Mac & Cheese Bowl 1.5g

Great Harvest Bread Apple Scone 1.5g

Little Caesar's Italian Cheese Bread (10 bread sticks) 1.5g

Red Robin Chocolate Milkshake (Monster Size) 1.5g

Red Robin Vanilla Milkshake (Monster Size) 1.5g

Red Robin Strawberry Milkshake (Monster Size) 1.5g

Red Robin Black & Bleu Burger 1.5g

Red Robin Smoke & Pepper Burger 1.5g

Red Robin The Master Cheeseburger 1.5g

Hooter's Onion Ring Tower 1.5g

Hooter's Caramel Fudge Cheesecake 1.5g

Hooter's Cheese Quesadilla 1.5g

Hooter's Chicken Taco Salad 1.5g

Hooter's Kid's Burger 1.5g

Buca di Beppo Tiramisu 1.5g

Logan's Roadhouse Cinnamon Apples 1.5g

Maggiano's Little Italy Crispy Zucchini Fritte 1.5g

Maggiano's Little Italy Four Cheese Ravioli 1.5g

Maggiano's Little Italy Spaghetti & Meatballs 1.5g

Maggiano's Little Italy Chicken & Spinach Manicotti 1.5g

Maggiano's Little Italy Lobster Carbonara 1.5g

Maggiano's Little Italy Linguine & Clams with White Sauce 1.5g

Maggiano's Little Italy NY Style Cheesecake 1.5g

Texas Roadhouse Kid's Hot Dog 1.5g

Shoney's Patty Melt 1.5g

On The Border Mexican Grill Carne Asada 1.5g

On The Border Mexican Grill Fajita Steak Quesadilla 1.5g

On The Border Mexican Grill Stacked Nachos 1.5g

Bojangles Steak Biscuit 1.5g

Bojangles Seasoned Fries (medium) 1.5g

Carrabba's Italian Grill Lasagna 1.5g

Carrabba's Italian Grill Eggplant Parmesan 1.5g

Black Bear Diner Patty Melt (small) 1.5g

Black Bear Diner New England Clam Chowder 1.5g

Wawa Cheeseburger Dinner Salad 1.5g

Yard House Kid's Mac & Cheese 1.5g

Yard House Classic Sliders & Fries 1.5g

Famous Dave's Burnt Ends with Onion Strings 1.5g

Famous Dave’s Chili 1.5g
Uno Pizzeria Awesome Chocolate Cake 1.5g
Romano’s Macaroni Grill Spinach & Artichoke Dip 1.5g
Romano’s Macaroni Grill Braised Lamb Shank 1.5g
Romano’s Macaroni Grill Buttermilk Mashed Potatoes 1.5g
Romano’s Macaroni Grill Mushroom Ravioli 1.5g
Romano’s Macaroni Grill Decadent Chocolate Cake 1.5g
Romano’s Macaroni Grill Tiramisu 1.5g
Romano’s Macaroni Grill NY Style Cheesecake 1.5g
Romano’s Macaroni Grill Kid’s Chicken & Mashed Potatoes 1.5g
The Old Spaghetti Factory Chicken Picatta 1.5g
The Old Spaghetti Factory Spinach Tortellini with Alfredo Sauce 1.5g
Cracker Barrel Stuffed Cheesecake Pancake Breakfast 1.5g
Bahama Breeze Buttermilk Fried Chicken 1.5g
Bahama Breeze Skillet-Simmered Jerk Shrimp 1.5g
Bahama Breeze Crab & Three Cheese Dip 1.5g
La Madeleine Tomato Basil Soup (bowl) 1.5g
Beef O Brady’s Chicken Nachos 1.5g
Beef O Brady’s Steak Nachos 1.5g
Beef O Brady’s Queso Dip & Chips 1.5g
Eastside Mario’s Spaghetti & Meatballs 1.5g
Eastside Mario’s Grilled Chicken Milano 1.5g
Eastside Mario’s Spaghetti Primavera with Goat Cheese 1.5g
Cold Stone Creamery Amaretto Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Apple Cinnamon Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Butter Pecan Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Chocolate Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Cinnamon Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Coconut Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Coffee Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Dark Chocolate Ice Ceram (12 oz.) 1.5g
Cold Stone Creamery French Vanilla Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Mint Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Mocha Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Pistachio Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Pumpkin Bread Batter Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Rum Raisin Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Strawberry Cake Batter Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Vanilla Bean Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Chocolate Devotion Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Coffee Lovers Only Ice Cream (12 oz.) 1.5g

Cold Stone Creamery Oreo Overload Ice Cream (12 oz.) 1.5g
Cold Stone Creamery Peanut Butter Cup Perfection Ice Cream (12 oz.) 1.5g
The Cheesecake Factory Baked Potato Soup (cup) 1.5g
The Cheesecake Factory Cream of Broccoli Soup (bowl) 1.5g
Culver's Cookie Dough Concrete Mixer (medium) 1.5g
Culver's Chocolate Frozen Custard (1 pint) 1.5g
Culver's Vanilla Shake (medium) 1.5g
Culver's Banana Split (3 scoops) 1.5g
Culver's Chocolate Concrete Mixer with Oreos (medium) 1.2g
Cold Stone Creamery Banana Ice Cream (12 oz.) 1g
Cold Stone Creamery Banana Batter Ice Cream 1g
Cold Stone Creamery Black Cherry Ice Cream (12 oz.) 1g
Cold Stone Creamery Butterscotch Pudding Ice Cream (12 oz.) 1g
Cold Stone Creamery Cake Batter Ice Cream (12 oz.) 1g
Cold Stone Creamery Cheesecake Ice Cream (12 oz.) 1g
Cold Stone Creamery Banana Split Decision (12 oz.) 1g
Au Bon Pain Baked Potato Soup (large) 1g
La Madeleine Crepe Romanoff 1g
La Madeleine Country Potato Soup (bowl) 1g
La Madeleine Cream of Mushroom Soup (bowl) 1g
Famous Dave's Loaded Baked Potato 1g
Famous Dave's Kid's Cheeseburger 1g
Red Robin Towering Onion Rings 1g
Red Robin Arctic Fish & Chips 1g
Red Robin Cheesy Bacon Fondue 1g
Red Robin Clucks & Fries 1g
Red Robin Teriyaki Chicken Sandwich 1g
Red Robin Whiskey River BBQ Chicken Sandwich 1g
Red Robin Mountain High Mudd Pie 1g
Red Robin Mighty Caesar Salad 1g
Bar Louie Chocolate Cake 1g
Black Bear Diner Mikey's Chicken Pot Pie 1g
Cold Stone Creamery Oh Fudge Shake (12 oz.) 1g
Cold Stone Creamery Very Vanilla Shake (12 oz.) 1g
Oberweis Birthday Cake Ice Cream (2 scoops) 1g
Oberweis Black Cherry Ice Cream (2 scoops) 1g
Oberweis Chocolate Ice Cream (2 scoops) 1g
Oberweis Cookie Dough Ice Cream (2 scoops) 1g
Oberweis Cookies & Cream Ice Cream (2 scoops) 1g
Oberweis Strawberry Ice Cream (2 scoops) 1g
Oberweis Vanilla Ice Cream (2 scoops) 1g

Beef O Brady’s Basket of Fries with Queso 1g
Beef O Brady’s Fried Mozzarella 1g
TGI Fridays Sizzling Queso 1g
TGI Fridays Caesar Salad with Beyond Meat 1g
TGI Fridays Donut Cheesecake 1g
TGI Fridays Kid’s Sliders 1g
California Pizza Kitchen Fusilli Pasta with Alfredo 1g
California Pizza Kitchen Kid’s Sundae 1g
California Pizza Kitchen Butter Cake 1g
California Pizza Kitchen Thin Crust BBQ Chicken Pizza 1g
California Pizza Kitchen Chicken Tequila Fettuccine 1g
Yard House Kid’s Pepperoni Pizza 1g
Yard House Kid’s Cheeseburger 1g
Yard House Bread Pudding with Crème Anglaise 1g
Yard House Onion Ring Tower 1g
Yard House Fried Chicken Tenders & Fries 1g
Yard House Boneless Buffalo Wings 1g
Yard House BBQ Chicken Salad 1g
Captain D’s French Fries 1g
Captain D’s Batter Dipped Fish (1 piece) 1g
Captain D’s Kid’s Popcorn Shrimp 1g
On The Border Mexican Grill Veggie Quesadilla 1g
Graeter’s Toffee Chocolate Chip Ice Cream (2/3 cup) 1g
Graeter’s Lemon Ginger Ice Cream (2/3 cup) 1g
Graeter’s Key Lime Pie Ice Cream (2/3 cup) 1g
Logan’s Roadhouse Enormous Nachos 1g
Logan’s Roadhouse Big Ole Cheesecake 1g
Logan’s Roadhouse Sweet Potato Fries 1g
Logan’s Roadhouse Mashed Potatoes 1g
Logan’s Roadhouse Crispy Crab Cakes 1g
Logan’s Roadhouse Southern Fried Fish with Tartar Sauce 1g
Outback Steakhouse Aussie Fries 1g
Outback Steakhouse Carrot Cake 1g
Outback Steakhouse Chocolate Tower 1g
Outback Steakhouse Kid’s Chicken Fingers 1g
Great Harvest Bread Blueberry Cream Cheese Scone 1g
Great Harvest Bread Cherry Cream Cheese Scone 1g
Great Harvest Bread Maple Oatmeal Scone 1g
Great Harvest Bread Mixed Berry Cream Cheese Scone 1g
Great Harvest Bread Peach Cream Cheese Scone 1g
Great Harvest Bread Raspberry Cream Cheese Scone 1g
Great Harvest Bread Rhubarb Cream Cheese Scone 1g

Great Harvest Bread Apple Spice Muffin 1g
Honeydew Donuts Avocado Chicken Sandwich 1g
Big Boy Dinner Chili Mac 1g
Big Boy Chili (cup) 1g
Denny’s Philly Cheesesteak Omelet 1g
Denny’s The Grand Slamwich with Hash Browns 1g
Denny’s NY Style Cheesecake 1g
Sbarro Garlic Cheesy Bread 1g
Papa John’s Parmesan Crusted Philly Cheesesteak Papadia 1g
Papa John’s Grilled Buffalo Chicken Papadia 1g
Papa John’s Meatball Pepperoni Papadia 1g
Papa John’s Italian Papadia 1g
Papa John’s Cinnamon Pullaparts 1g
Wendy’s French Fries (large) 1g
Smashburger Chicken Tenders (5 piece) 1g
Smashburger Colorado Crispy Chicken Sandwich 1g
Smashburger Colorado Grilled Chicken Sandwich 1g
Smashburger Sweet Potato Fries 1g
Shake Shack Single Shack Burger 1g
Shake Shack Double Down Fries 1g
Whataburger Jalapeno & Cheeseburger 1g
Whataburger Bacon & Cheeseburger 1g
Whataburger Avocado Bacon Cheeseburger 1g
Rally’s All American Cheeseburger 1g
Wendy’s Hamburger 1g
McDonald’s McChicken 1g
Five Guys Hamburger Patty 1g
Five Guys Hot Dog 1g
Five Guys Fries (large) 1g
Burger King Kid’s Junior Whopper with Cheese 1g
Jack in the Box Hamburger 1g
In & Out Burger Double 1g
Little Caesar’s Five Meat Feast Pizza (2 slices) 1g
Papa John’s Meatball Pepperoni Papadia 1g
Pizza Hut Pepperoni Lover’s Large Pizza (2 slices) 1g
Sbarro’s NY Pepperoni Pizza (1 slice) 1g
Jack in the Box Junior Bacon Cheeseburger 1g
Jack in the Box Sourdough Ultimate Cheeseburger 1g
Popeye’s ¼ lb. Popcorn Shrimp 1g
Popeye’s Butterfly Shrimp (4 piece) 1g
Cracker Barrel Pot Roast Supper 1g

Uno Pizzeria Mac & Cheese 1g
Qdoba Chicken Queso Bowl 1g
Qdoba Chicken Queso Burrito 1g
Chick-Fil-A Cookies & Cream Milkshake 1g
Chick-Fil-A Chocolate Milkshake 1g
Chick-Fil-A Vanilla Milkshake 1g
In & Out Burger Double Stack 1g
In & Out Burger Chocolate Shake 1g
In & Out Burger Vanilla Shake 1g
In & Out Burger Strawberry Shake 1g
Sonic Sausage, Egg & Cheese Burrito 1g
White Castle Double Original Slider 1g
White Castle Mozzarella Sticks (10 piece) 1g
Panera Lobster Flatbread Pizza 1g
Panera Lobster Mac & Cheese (small) 1g
Carl's Jr Breakfast Burger 1g
Carl's Jr Beef Taco Salad 1g
Arby's Curly Fries (large) 1g
Arby's Classic French Dip & Swiss Sandwich 1g
Arby's White Cheddar Mac & Cheese 1g
Arby's Roast Beef Gyro 1g
Arby's Smokehouse Brisket Sandwich 1g
Arby's Classic Beef & Cheddar Sandwich 1g
Arby's Popcorn Chicken (large) 1g
Arby's Ham, Egg & Cheese Wrap 1g
Arby's Sausage, Egg & Cheese Wrap 1g
Applebee's Garlic Parmesan Boneless Wings 1g
Applebee's Brew Pub Loaded Waffle Fries 1g
Applebee's Chicken Quesadilla 1g
Applebee's Mozzarella Sticks 1g
Applebee's Caesar Salad with Shrimp 1g
Applebee's Caesar Salad with Chicken 1g
Applebee's Crispy Chicken Tender Salad 1g
Applebee's Grilled Chicken Salad 1g
Applebee's Oriental Chicken Salad 1g
McDonald's Oreo McFlurry (12 oz.) 1g
McDonald's M & M McFlurry (12 oz.) 1g
McDonald's Steak, Egg & Cheese Bagel 1g
Boston Market Creamed Spinach 1g
Boston Market Meatloaf 1g
Del Taco Beef & Loaded Nachos (large) 1g
Del Taco Breakfast Egg & Cheese Wrap 1g

Haagen-Dazs Vanilla Ice Cream (2/3 cup) 1g
Haagen-Dazs Coffee Ice Cream (2/3 cup) 1g
Haagen-Dazs Green Tea Ice Cream (2/3 cup) 1g
Texas Roadhouse Cheese Fries (regular) 1g
Texas Roadhouse Red Chili (bowl) 1g
Texas Roadhouse Caesar Salad 1g
Texas Roadhouse Country Fried Sirloin with Gravy 1g
Applebee's Blue Ribbon Brownie 1g
Applebee's Sizzlin' Butter Pecan Blondie 1g
Applebee's Baked Potato 1g
Applebee's Kid's Cheeseburger 1g
Applebee's Kid's Grilled Chicken Alfredo 1g
Applebee's Kid's Oreo Cookie Shake 1g
Applebee's Chocolate Shake 1g
Applebee's Strawberry Shake 1g
Applebee's Vanilla Shake 1g
Ben & Jerry Vanilla Ice Cream (2/3 cup) 1g
Red Lobster Artichoke Lobster & Seafood Dip 1g
Red Lobster Langostino & Lobster Pizza 1g
Red Lobster Seafood Stuffed Mushrooms 1g
Red Lobster Bisque (bowl) 1g
Red Lobster New England Clam Chowder (bowl) 1g
Red Lobster Baja Shrimp Bowl 1g
Red Lobster Bar Harbor Lobster Bake 1g
Red Lobster Linguine 1g
Red Lobster Nashville Hot Chicken 1g
Red Lobster Seafarer's Feast 1g
Red Lobster Brownie Overboard 1g
Red Lobster Chocolate Wave 1g
Panera Pepperoni Flatbread Pizza 1g
Panera Steak & White Cheddar Panini 1g
Panera Four Cheese Souffle 1g
Panera Spinach & Artichoke Souffle 1g
The Cheesecake Factory Butternut Squash Soup (cup) 1g
The Cheesecake Factory Cheese Flatbread 1g
The Cheesecake Factory Pepperoni Flatbread 1g
The Cheesecake Factory Cauliflower Crust Cheese Flatbread 1g
The Cheesecake Factory Cobb Salad 1g
The Cheesecake Factory Loaded Baked Potato Tots 1g
The Cheesecake Factory Veggie Burger 1g
The Cheesecake Factory Turkey Burger 1g
Dunn Brothers Cinnamon Twist 1g

P. F. Chang’s Crispy Green Beans 1g
P. F. Chang’s Dynamite Shrimp 1g
P. F. Chang’s Crab Wontons (6) 1g
P. F. Chang’s Peking Duck 1g
P. F. Chang’s Crispy Honey Chicken 1g
P. F. Chang’s Crispy Honey Shrimp 1g
P. F. Chang’s Salt & Pepper Prawns 1g
P. F. Chang’s Sweet & Sour Chicken 1g
P. F. Chang’s Stir-Fried Eggplant 1g
P. F. Chang’s Orange Chicken 1g
P. F. Chang’s Chocolate Souffle 1g
P. F. Chang’s Gluten-Free Chocolate Souffle 1g
Hardee’s Loaded Breakfast Burrito 1g
Hardee’s Ham Sunrise Croissant 1g
Great Harvest Bread Almond Poppy Seed Scone 1g
Great Harvest Bread Apple Cream Cheese Scone 1g
Great Harvest Bread Chocolate Chip Brownie 1g
Great Harvest Bread Salted Caramel Brownie 1g
Great Harvest Bread Turtle Brownie 1g
Great Harvest Bread Mud Bar 1g
Great Harvest Bread Chocolate Mint Cookie 1g
Great Harvest Bread Apple Spice Muffin 1g
Great Harvest Bread Rhubarb Streusel Muffin 1g
Dairy Queen Snickers Blizzard (medium) 1g
Dairy Queen Reese’s Blizzard (medium) 1g
Dairy Queen Oreo Dirt Pie Blizzard (medium) 1g
Dairy Queen M & M Blizzard (medium) 1g
Dairy Queen Heath Blizzard (medium) 1g
Dairy Queen Butterfinger Blizzard (medium) 1g
Dairy Queen Choco Brownie Extreme Blizzard (medium) 1g
Dairy Queen Chocolate Chip Cookie Dough Blizzard (medium) 1g
Dairy Queen Girl Scout Thin Mints Cookie Blizzard (medium) 1g
Hooter’s Onion Rings 1g
Hooter’s Chili Cheese Fries 1g
Hooter’s Caesar Salad 1g
Hooter’s Breaded Wings (20 piece) 1g
Hooter’s Kid’s Hot Dog 1g
Hooter’s Chocolate Mousse Cake 1g
Hooter’s Beer Cheese & Pretzels 1g
Hooter’s Crab Cakes 1g
Hooter’s Fish & Chips 1g
Hooter’s Fried Jalapenos 1g

Hooter’s Fried Pickles 1g
Twin Peaks Three Cheese Mac & Cheese 1g
Shoney’s Tomato Bisque (1/2 cup) 1g
Longhorn Steakhouse Garlic “Butter” 1g
Logan’s Roadhouse Country Style Chicken with White Gravy 1g
Logan’s Roadhouse Loaded Potato Skins 1g
Texas Roadhouse Cheese Fries (small) 1g
Texas Roadhouse Caesar Salad 1g
Texas Roadhouse House Salad 1g
Texas Roadhouse Country Fried Sirloin 1g
Wawa Baked Potato Soup (medium) 1g
Wawa Chili (medium) 1g
Bojangles Bo’s Chicken Sandwich 1g
Bojangles Chicken Breast 1g
Bojangles Homestyle Tenders 1g
Bojangles Mac & Cheese 1g
The Old Spaghetti Factory Garlic Shrimp Fettuccine 1g
The Old Spaghetti Factory Crab Ravioli 1g
The Old Spaghetti Factory White Clam Sauce 1g
The Old Spaghetti Factory Pesto Chicken Penne 1g
Carrabba’s Italian Grill Meatballs & Ricotta 1g
Maggiano’s Little Italy Caesar Salad (entrée salad) 1g
Maggiano’s Little Italy Chopped Salad (entrée salad) 1g
Maggiano’s Little Italy Fettuccine Alfredo with Chicken 1g
Maggiano’s Little Italy Gnocchi Tomato Vodka 1g
Maggiano’s Little Italy Eggplant Parmesan 1g
Maggiano’s Little Italy Chicken Marsala 1g
Maggiano’s Little Italy Tiramisu 1g
Maggiano’s Little Italy Vanilla Bean Ice Cream 1g
Maggiano’s Little Italy Truffle Bites (12 piece) 1g
Romano’s Macaroni Grill Signature Mac & Cheese Bites 1g
Romano’s Macaroni Grill Lobster Bisque 1g
Romano’s Macaroni Grill Kid’s Buttered Noodles & Parmesan 1g
Romano’s Macaroni Grill Kid’s Mac & Cheese 1g
Buca di Beppo Chicken Limone 1g
Buca di Beppo Kid’s Chicken Parmigiana 1g
Golden Corral ¼ lb. Cheeseburger 1g
Golden Corral Hot Dog 1g
Golden Corral Meatloaf 1g
Golden Corral Patty Melt 1g

Golden Corral Buffalo Fried Chicken 1g
Eastside Mario's Four Cheese Spinach Dip with Crostini 1g
Eastside Mario's Calamari Fritti 1g
Eastside Mario's Shrimp Scampi 1g
Eastside Mario's Chicken Parmesan Sliders 1g
Eastside Mario's Pan Roasted Tilapia 1g
Eastside Mario's Veal Limone 1g
Eastside Mario's Ultimate Italian Grilled Cheese 1g
Eastside Mario's Crispy Chicken Club Wrap 1g
Eastside Mario's Bruschetta Flatbread 1g
Bahama Breeze Rebecca's Key Lime Pie 1g
Bahama Breeze Seafood Paella 1g
Bahama Breeze Beef Empanadas 1g
Bahama Breeze Chicken Tostones 1g
Bahama Breeze Buffalo Chicken Wings 1g
Bahama Breeze Yuca Cheese Sticks 1g
Bahama Breeze Salmon Tostada Salad 1g
Bahama Breeze Chicken Tostada Salad 1g
Bahama Breeze Pineapple Cheesecake Empanada 1g
Bahama Breeze Kid's Burger Sliders 1g
Culver's Chocolate Ice Cream Waffle Cone (2 scoops) 1g
Culver's Vanilla Ice Cream Waffle Cone (2 scoops) 1g
Culver's Wisconsin Big Cheese Pub Burger (single) 1g
Culver's Chocolate Shake (medium) 1g
Culver's Peanut Butter Shake (medium) 1g
Culver's Chili 1g
Culver's Coleslaw (large) 0.8g
Little Caesar's Deep Dish Ultimate Supreme Pizza (2 slices) 0.8g
Little Caesar's Deep Dish Three Meat Treat Pizza (2 slices) 0.8g
Culver's Root Beer Float (large) 0.7g
Culver's Cheese Curds (medium) 0.7g
The Old Spaghetti Factory Garlic Fries 0.7g
Popeye's Homestyle Mac & Cheese 0.7g
Logan's Roadhouse Kid's Broccoli 0.7g
Logan's Roadhouse Mozzarella Sticks 0.65g
Logan's Roadhouse Yeast Roll 0.6g
Au Bon Pain Clam Chowder (large) 0.5g
Au Bon Pain Ham & Cheese Croissant 0.5g
Au Bon Pain Cinnamon Swirl Roll Croissant 0.5g
Au Bon Pain Three Cheese Stuffed Croissant 0.5g

The Old Spaghetti Factory Spinach & Artichoke Dip 0.5g
The Old Spaghetti Factory Clam Chowder 0.5g
Hooter's Chocolate Mousse Cake 0.5g
Hooter's Garden Salad 0.5g
Shoney's Carrot Raisin Salad 0.5g
Carrabba's Italian Grill Kid's Mac & Cheese 0.5g
Great Harvest Bread Blondie 0.5g
Great Harvest Bread Cinnamon Roll with Cream Cheese Frosting 0.5g
Great Harvest Bread Peanut Butter Cookie 0.5g
Great Harvest Bread Lemon Bar 0.5g
Great Harvest Bread Oatmeal Raisin Cookie 0.5g
Great Harvest Bread Sugar Cookie with Frosting 0.5g
Red Lobster Crab Stuffed Shrimp Rangoon 0.5g
Red Lobster Classic Caesar Salad 0.5g
Red Lobster Crunch Fried Flounder Sandwich 0.5g
Red Lobster Fish & Chips 0.5g
Red Lobster Ultimate Feast 0.5g
Red Lobster Vanilla Bean Cheesecake 0.5g
Maggiano's Little Italy Italian Wedding Soup (bowl) 0.5g
Cracker Barrel Blue Cheese Dressing (2.5 oz.) 0.5g
Graeter's Butter Pecan Ice Cream (2/3 cup) 0.5g
Graeter's Cookies & Cream Ice Cream (2/3 cup) 0.5g
Graeter's Chocolate Brownie Ice Cream (2/3 cup) 0.5g
The Cheesecake Factory Crispy Brussels Sprouts 0.5g
The Cheesecake Factory Crispy Crab Wontons 0.5g
The Cheesecake Factory Clam Chowder (cup) 0.5g
The Cheesecake Factory Greek Salad 0.5g
The Cheesecake Factory Chopped Salad 0.5g
The Cheesecake Factory Vegan Cobb Salad 0.5g
Culver's Butter Burger (single) 0.5g
Eastside Mario's Mozzarella Sticks 0.5g
Eastside Mario's Calamari Al Diavolo 0.5g
Eastside Mario's Kid's Cheesy Alfredo Pasta 0.5g
Eastside Mario's Mini Kid's Sliders 0.5g
Boston Market Chicken Caesar Salad 0.5g
Boston Market Chicken Pot Pie 0.5g
Boston Market Carrot Cake (1 slice) 0.5g
Culver's North Atlantic Cod Dinner (3 piece) 0.5g
Buca di Beppo World Famous Meatball 0.5g
Buca di Beppo Bruschetta 0.5g
Buca di Beppo Fettuccine Alfredo 0.5g
Buca di Beppo Spaghetti & Meatballs 0.5g

Bahama Breeze Grilled Chicken Breast 0.5g
Bahama Breeze Crispy Chicken Tenders 0.5g
Bahama Breeze Kid's Broccoli 0.5g
Bahama Breeze Kid's Bowtie Mac & Cheese 0.5g
Applebee's Triple Chocolate Meltdown 0.5g
Applebee's Homestyle Cheesy Broccoli 0.5g
Krispy Kreme Cookies & Kreme Shake (16 oz.) 0.5g
Krispy Kreme Chocolate Iced Shake (16 oz.) 0.5g
Longhorn Steakhouse Ranch Dressing (3 oz.) 0.5g
Longhorn Steakhouse Molten Lava Cake 0.5g
Longhorn Steakhouse Strawberries & Cream Cheesecake 0.5g
Applebee's Fish & Chips 0.5g
Applebee's Spinach & Artichoke Dip 0.5g
Applebee's White Queso Dip & Chips 0.5g
Taco Bell Cheesy Double Beef Burrito 0.5g
Taco Bell Beef Quesarito 0.5g
Ben & Jerry Brownie Batter Core Ice Cream (2/3 cup) 0.5g
Ben & Jerry Peanut Butter Core Ice Cream (2/3 cup) 0.5g
Ben & Jerry Cherry Garcia Ice Cream (2/3 cup) 0.5g
Ben & Jerry Chocolate Fudge Brownie Ice Cream (2/3 cup) 0.5g
Ben & Jerry Strawberry Cheesecake Ice Cream (2/3 cup) 0.5g
Red Robin Fried Pickle Nickels 0.5g
Red Robin Red's Bold Bone In Wings (plain) 0.5g
Red Robin Pretzel Bites 0.5g
Red Robin Root Beer Float 0.5g
Red Robin Kid's Chocolate Milkshake 0.5g
Red Robin Kid's Vanilla Milkshake 0.5g
Red Robin Strawberry Milkshake 0.5g
Red Robin Kid's Sundae 0.5g
Red Robin Impossible Burger 0.5g
Red Robin Garlic Fries 0.5g
Red Robin Mayonnaise (1 oz.) 0.5g
Red Robin Ranch Sauce 0.5g
Red Robin Red's Secret Tavern Sauce 0.5g
Red Robin Roasted Garlic Aioli 0.5g
Starbucks Mocha Cookie Crumble Frappuccino (16 oz.) 0.5g
Starbucks Caramel Ribbon Crunch Frappuccino (16 oz.) 0.5g
Starbucks Espresso Frappuccino (16 oz.) 0.5g
Starbucks Chocolate Chip Cookie (1 cookie) 0.5g
Starbucks Ham & Swiss Croissant (1 croissant) 0.5g
Starbucks Almond Croissant (1 croissant) 0.5g
Starbucks Cinnamon Coffee Cake (1 slice) 0.5g

Starbucks Iced Lemon Loaf (1 slice) 0.5g
Starbucks Cheese Danish (1 Danish) 0.5g
Golden Corral Country Style Steak 0.5g
Haagen-Dazs Chocolate Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Strawberry Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Chocolate Peanut Butter Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Dulce de Leche Caramel Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Butter Pecan Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Rum Raisin Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Pistachio Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Rocky Road Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Double Belgian Chocolate Chip Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Cookies & Cream Ice Cream (2/3 cup) 0.5g
Haagen-Dazs Irish Cream Brownie Ice Cream (2/3 cup) 0.5g
California Pizza Kitchen Avocado Club Egg Rolls 0.5g
Carl’s Jr. Strawberry Swirl Cheesecake 0.5g
Uno Pizzeria Broccoli & Cheddar Soup 0.5g
Uno Pizzeria Italian Chopped Salad 0.5g
Uno Pizzeria Rattlesnake Pasta 0.5g
Uno Pizzeria Chicken & Broccoli Alfredo 0.5g
Uno Pizzeria Chicken Parmesan Sandwich 0.5g
Panera Broccoli Cheddar Mac & Cheese (small) 0.5g
Panera Mac & Cheese (small) 0.5g
Panera Cheese Flatbread Pizza 0.5g
Panera Blueberry Scone 0.5g
Panera Chocolate Croissant 0.5g
Panera Orange Scone 0.5g
Panera Chicken Caesar Salad 0.5g
Arby’s Roast Chicken Club Wrap 0.5g
Arby’s Chocolate Shake (medium) 0.5g
Arby’s Jamocha Shake (medium) 0.5g
Arby’s Vanilla Shake (medium) 0.5g
McDonald’s Cheeseburger 0.5g
McDonald’s Hot Chocolate (medium) 0.5g
Chick-Fil-A Hash Brown Scramble Bowl 0.5g
Chick-Fil-A Strawberry Milkshake 0.5g
Chick-Fil-A Peach Milkshake 0.5g
Chick-Fil-A Garden Salad Tray 0.5g
Shake Shack Grilled Cheese 0.5g
Qdoba Kid’s Beef Taco 0.5g
Qdoba Three Cheese Queso (4 oz.) 0.5g
Chipotle Chips & Queso (large) 0.5g

In & Out Burger Cheeseburger 0.5g
Romano's Macaroni Grill Caprese Salad 0.5g
Romano's Macaroni Grill Tomato Basil Soup 0.5g
Romano's Macaroni Grill Italian Chopped Salad 0.5g
Romano's Macaroni Grill Chicken Marsala 0.5g
Romano's Macaroni Grill Kid's Fettuccine Alfredo 0.5g
Domino's Cheeseburger Pizza (2 slices) 0.5g
Texas Roadhouse Kid's Mini Cheeseburgers 0.5g
Popeye's Cajun Fries 0.5g
Popeye's Chicken Tenders (2 piece) 0.5g
Arby's Bacon, Egg & Cheese Wrap 0.5g
Wendy's Chicken Club 0.5g
Wendy's Junior Cheeseburger 0.5g
Wendy's Sausage, Egg & Cheese Biscuit 0.5g
McDonald's Hamburger 0.5g
Sonic Kid's Junior Hamburger 0.5g
White Castle Hamburger 0.5g
Dairy Queen Homestyle Burger 0.5g
IHOP Grilled Buttermilk Biscuit 0.5g
Twin Peaks Kid's Cheese Quesadilla 0.5g
P. F. Chang's Fire Braised Short Ribs 0.5g
P. F. Chang's Short Rib Fried Rice 0.5g
Sonic Onion Rings (large) 0.5g
Sonic Mozzarella Sticks 0.5g
Burger King Kid's Cheeseburger 0.5g

Remember, these numbers may have changed as more fast food restaurant move to eliminate trans-fat from their menu. A quick tip is when you see "Partially Hydrogenated Oil" or "Fully Hydrogenated Oil," it has trans-fat. When the label says "0g trans-fat," then you know that you have found a labeling lie in action. These oils are injected with hydrogen in a lab to ensure a longer shelf life and a higher profit margin.

Overall, fat, from natural foods is your friend. Our bodies require fat to absorb fat soluble vitamins (A, D, E & K). Conjugated linoleic acid (CLA) is a healthy anti-inflammatory trans-fat that is naturally occurring in grass-fed meat and dairy.

<u>Man-made trans-fat from hydrogenated fats is a metabolic toxin.</u>

In addition, the following “foods” are in the grey zone of less than 0.50g of trans-fat.
I would advise that you don’t eat the following foods:

-Peanut Butter with “hydrogenated oils”
-Post Fruity Pebbles
-Post Cocoa Pebbles
- Kellogg’s Froot Loops
-Post Oreo O’s
- Kellogg’s Corn Pops
- Kellogg’s Honey Smacks
-Post Waffle Crisp
-Quaker Oats Chewy Granola Bars
-Nabisco Premium Saltine Crackers
-Keebler’s Zesta Saltine Crackers
-Special K’s Protein Snack Bars
-Girl Scout Cookies
-Popcorn (Pop Secret, Herr’s & Frito-Lay)
-Animal Crackers (Nabisco & Stauffer’s)
-Ritz Crackers
-Nabisco Fig Newtons
-Fortune Cookies
-Crisco
-Margarine
-Cakes & Cake Frosting
-Pancakes & Waffles
-Biscuits & Cinnamon Rolls
-Coffee Creamers
-Frozen TV Dinners
-Cookies
-Pudding
-FLOUR TORTILLAS

Food Additives

While the FDA generally recognizes most additives on this list as ‘safe,’ there are growing concerns about the safety of many common food additives, if consumed in large quantities.

Hexane: Used as a chemical solvent to extract various conventional oils (soybean, canola, sunflower, cottonseed and peanut) Hexane is also used in the production of conventional pea protein powders usually sourced from China.

According to the CDC, hexane is a neurotoxin.

Sulfites: Used to keep prepared foods fresh. Sulfites may cause breathing difficulties.

Azodicarbonamide: Used in bagels and buns. May cause asthma.

Potassium bromate: Added to bread to increase volume. Linked to cancer in humans.

BHA/BHT: A preservative used to extend shelf life. Linked to cancerous tumor growth.

Propylene glycol: Better known as antifreeze. Thickens dairy products and salad dressing. Deemed 'generally' safe by FDA.

Butane: Added to chicken nuggets to keep them tasting fresh. A known carcinogen.

Disodium inosinate: In snack foods. Contains MSG.

Disodium guanylate: Also used in snack foods, and contains MSG.

Sodium benzoate: Used as a preservative in salad dressing and carbonated beverages. A known carcinogen that may cause damage to our DNA.

Brominated vegetable oil: Keeps flavor oils in soft drinks suspended. Bromate is a poison and can cause organ damage and birth defects. The FDA banned brominated vegetable oil in the United States in 2024. Bromine is an element found in flame retardants. Not required to be listed on food labels.

Propyl gallate: Found in meats, popcorn, soup mixes and frozen dinners. Shown to cause cancer in rats. Banned in some countries. Deemed safe by FDA.

Olestra: Fat-like substance that is unabsorbed by the body. Used in place of natural fats in some snack foods. May cause digestive problems, and also not healthy for the heart.

Carrageenan: Stabilizer and thickening agent used in many prepared foods. May cause ulcers and cancer.

Polysorbate 60: A thickener that is used in baked goods. Shown to cause cancer in laboratory animals.

Carnauba wax: Used in chewing gums and to glaze certain foods. May cause cancer.

Magnesium sulphate: Used in tofu and shown to cause cancer in laboratory animals.

Chlorine dioxide: Used in bleaching flour. May cause tumors in children.

Paraben: Used to stop mold and yeast forming in foods. It is known as a hormone disrupter in the body and could be linked to breast cancer.

Sodium carboxymethyl cellulose: Used as a thickener in salad dressings. Could cause cancer in high quantities.

Monosodium glutamate (MSG): Flavor enhancer that can cause headaches. Linked in animal studies to cause nerve damage, heart problems and seizures. MSG was first isolated from seaweed by Japanese chemist Kikunae Ikeda in 1908 leading to the discovery of umami.

Hidden Names For MSG And Free Glutamic Acid:

Glutamic Acid (E 620)	Anything hydrolyzed
Glutamate (E 620)	Any hydrolyzed protein
Monosodium Glutamate (E 621)	Calcium Caseinate
	Sodium Caseinate
Monopotassium Glutamate (E 622)	Yeast Food
	Yeast Nutrient
Calcium Glutamate (E 623)	Autolyzed Yeast
Monoammonium Glutamate (E 624)	Gelatin
	Textured Protein
Magnesium Glutamate (E 625)	Soy Protein Isolate
	Whey Protein Isolate
Natrium Glutamate	Vetsin
Yeast Extract	Ajinomoto

Aluminum: A preservative in some packaged foods.
In 2018, the authors of a study *Advances in Experimental Medicine and Biology* wrote about **aluminum as a known neurotoxicant, stating that it "contributes to cognitive dysfunction and may contribute to Alzheimer's disease."**
The study's authors also pointed out that "redistribution of aluminum out of the brain is slow, so aluminum can be deposited in the brain for a long time."

Nonetheless, food manufacturers relied on aluminum additives in processed foods for decades. An assessment of dietary aluminum *Food Additives and Contaminants* in 1988 reported the major sources, at the time, to be "grain products, processed cheese, and salt."

Aluminum in American cheese and processed cheese products is classified as industry standard, and the National Institutes of Health (NIH) considers it GRAS (generally recognized as safe). Items that are classified as GRAS do not have to be added to food labels. Aluminum items that are secretly hiding in our food are also classified as "good manufacturing practices" (GMP).

Processed cheese manufacturers use aluminum in the form of sodium aluminum phosphate (SALP) to make cheese smooth and uniform so that it is spreadable. The NIH says, "Basic SALP is one of many 'emulsifying salts' added to process cheese, cheese food and cheese spread which react with and change the protein of cheese to produce a smooth, uniform film around each fat droplet to prevent separation and bleeding of fat from the cheese. This produces a soft texture, easy melting characteristics and desirable slicing properties."

Other widely used aluminum additives include:

Aluminum Lake Dyes: Used in cake and cookie decorating. Many times, there is so much metal in a brightly colored frosted cookie, with red and blue sprinkles, that if you put it in the microwave, it will sparkle and crackle just like tinfoil does.

Aluminum Sulfate: Used in canned crab meat, lobster, salmon, shrimp, tuna, pickles and relishes.

Sodium Aluminum Sulfate: Also used in pickles, relishes, baking powder and flour, including whole wheat flour. In baking powder, it serves as a pH-adjusting agent. In liquid or frozen whole eggs, egg whites and egg yolks, it serves as a stabilizer.

Potassium Aluminum Sulfate: Used as a pH-adjusting agent in ale, baking powder, beer, light beer, malt liquor and annatto.

Magnesium Aluminum Silicate: Used in chewing gum.

Sodium Aluminum Phosphate: Used as an emulsifying salt in cream cheese spread, processed cheese and processed cheese spread.

Adding aluminum to our food adds aluminum to our body. Aluminum is even more toxic if bound with mercury inside the body. Aluminum does not leave the body with a chelator but instead departs with silica. Aluminum is excreted through the urine.

There are a number of foods which are an excellent source of silica:

Banana, 250g - 13.60mg
High bran cereal, 100g - 10.17mg
Bread (wholegrain), 200g - 8.94mg
Raisin (California seedless), 100g - 8.25mg
Mineral water (high silica), 500mL - 7.23mg

Green beans (cooked), 250g - 6.10mg
Carrot (raw, peeled), 200g - 4.58mg
Brown rice, 200g - 4.14mg
Bread (white), 200g - 3.38mg
Wheat biscuits, 100g - 2.78mg
White rice, 200g - 2.48mg
Cornflakes, 100g - 2.42mg

Silica is also present in the following foods:
Almonds, Apples, Beets, Bell Peppers, Cabbage, Cherries, Celery, Corn, Cucumbers, Chickpeas, Eggplant, Endive, Figs, Fish, Flax, Garlic, Ginger, Grapes, Honey, Kelp, Kidney Beans, Lettuce, Mustard Greens, Nuts, Onions, Oranges, Peanuts, Potatoes, Pumpkin, Seafood, Soybeans, Spinach, Strawberries, Sunflower Seeds, Sweet Potatoes, Tomatoes, Turmeric.

Natural Flavors: the fourth most common ingredient on food labels.

The long term effects of ingesting natural flavors on a regular basis have not been studied. They don't appear to be unsafe in the amounts used in most foods. Natural flavors are 80-90% chemical solvents and preservatives. These may include the cancer-causing chemical BHA, propylene glycol (found in antifreeze), and fillers.

Cleaning products, perfumes, and cosmetics contain a combination of chemicals called "fragrances." In processed food, this chemical mixture is called a "flavor." Because smell comprises 80-90% of the sense of taste, fragrances and flavors are often alarmingly similar in chemical composition.

There are four corporations that control the $24 billion market for both flavors and fragrances: Givaudan, Firmenich, IFF and Symrise. In a fascinating 2011 interview that aired on *60 Minutes*, scientists from Givaudan, power players in the food flavoring world, admitted their goal when creating flavors was to make them addictive!

The FDA allows food companies to develop their own food additives without providing oversight or safety reviews of their chemical concentrations. These companies hire expensive lawyers to ensure they've followed the archaic FDA processes when developing their flavors … and generally the FDA leaves them alone.

"The truth is that when you see the word "flavor" on a food label, you have almost no clue what chemicals may have been added to the food under the umbrella of this vague term. For people who have uncommon food allergies or are on restricted diets, this can be a serious concern." – David Andrews (scientist)

Artificial Sweeteners to Avoid

Artificial sweeteners are regulated by FDA, just as food additives are, but this does not apply to products 'generally recognized as safe.

Saccharin: Carcinogen found to cause bladder cancer in rats.

Aspartame: An excitotoxin and thought to be a carcinogen. It can cause dizziness, headaches, blurred vision and stomach problems. It is an artificial, chemical sweetener that can cause migraine headaches, dizziness, rashes, hallucinations, seizures, cancer and excessive weight gain. Aspartame has been a known carcinogenic neurotoxin since 1965.

In 1983, The U.S. FDA increases the Acceptable Daily Intake (ADI) for aspartame to 50 mg per kg of body weight per day. A 150 lb. adult can safely consume 20 (12 oz.) diet sodas, DAILY, over a LIFETIME. Well of course they recommend that we drink their aspartame sodas because they are likely getting a kickback. Ever notice that Big Pharma essentially owns the TV networks with their endless ads which always features happy senior citizens?

Who in their right minds will want to drink 20 (12 oz.) diet sodas everyday forever??

The FDA claims that aspartame can prevent tooth decay, manage our weight, and manage diabetes. However, when they are asked if aspartame is a danger or a risk, they run around the question citing the rare disease, phenylketonuria (PKU). Well, what about the rest of society?

High fructose corn syrup: Sweetener made from corn starch. Made from genetically modified corn. It causes obesity, diabetes, heart problems, arthritis and insulin resistance.

Acesulfame potassium: Used with other artificial sweeteners in diet sodas and ice cream. Linked to lung and breast tumors in rats.

Sucralose: aka Splenda. Can cause swelling of liver and kidneys and shrink the thymus gland.

Tert-butylhydroquinone: aka TBHQ. Used to preserve fish products. Could cause stomach tumors at high doses.

Artificial Food Colorings to Avoid

Food colorings are used to give foods a more attractive appearance, but some experts believe they cause serious health problems, including asthma and hyperactivity in children.

Red #40: Found in many foods to alter color. All modern food dyes are derived from petroleum. A carcinogen that is linked to cancer in some studies. Also, it may cause hyperactivity in children. Banned in some European countries.

Blue #1: Used in bakery products, candy and soft drinks. Damages chromosomes and may lead to cancer.

Blue #2: Used in candy and pet food beverages. May cause brain tumors.

Citrus red #1: Sprayed on oranges to make them look ripe. Damages chromosomes and may lead to cancer.

Citrus red #2: Used to color oranges. A known carcinogen.

Green #3: Used in candy and beverages. May cause bladder tumors.

Yellow #5: Used in desserts, candy and baked goods. May cause kidney tumors.

Yellow #6: A carcinogen used in sausage, beverages and baked goods. May cause kidney tumors.

Red #2: A food coloring that may cause both asthma and cancer.

Red #3: A carcinogen, made from erythrosine. Red #3 is added to cherry pie filling, ice cream and baked goods. May cause nerve damage and thyroid cancer. The FDA banned it in 2025.

Caramel coloring: In soft drinks, sauces, pastries and breads. When made with ammonia, it can cause cancer in mice. Food companies are not required to disclose if this ingredient.

Brown HT: Used in many packaged foods. May cause hyperactivity in children, asthma and cancer.

Orange B: A food dye that is used in hot dog and sausage casings. High doses are bad for the liver and bile duct.

Bixin: Food coloring that can cause hyperactivity in children and asthma.

Norbixin: Food coloring that can cause hyperactivity in children and asthma.

Annatto: Food coloring that can cause hyperactivity in children and asthma.

While we are on topic of horrible food additives, we have to address the bug dilemma. Grab your barf bag. Apparently, the globalist clowns at the World Economic Forum (WEF) want us to eat crickets, mealworms and grasshoppers instead of meat. Read your labels carefully. If you buy products from Hillshire Farm, Sara Lee, Jimmy Dean, Ballpark, Gallo, Pierre, State Fair, Original Philly or Steakeze, look out for these ingredients:

Ants
Family Formicidae

Cockroaches
Order Blattodea

Crickets
Acheta Domesticus
Gryllodes Sigillatus

Flies
Hermetia Illucens
Musca Domestica

Grasshoppers
Locusta Migratura
Suborder Caelifera

Locusts
Locusta Migratoria

Mealworms
Alphitobius Diaperinus
Terebrio Molitor

Medical Monopoly

In addition to avoiding harmful food additives, we have to remember that there has been a medical monopoly that has spanned over many years to limit and eliminate naturopathic competition. This dates all the way back to 1910 with the infamous Flexner Report. Abraham Flexner was appointed by John D. Rockefeller to roam across the U.S. and “evaluate” the curriculums of medical schools. Rockefeller just had to get total control over petroleum, chemicals and pharmaceuticals (derived from crude oil).

He decided that his company, Standard Oil of New Jersey, had to get a majority interest in the German drug company, I.G. Farben. With the help of Andrew Carnegie and J. P. Morgan (destroying the public schools and our monetary system apparently wasn't enough), they wiped out any medical school who wouldn't bend to their will. Flexner submitted his report titled, *"Medical Education in the United States and Canada."*
On page 22:*"The privileges of the medical school can no longer be open to casual strollers from the highway. It is necessary to install a doorkeeper who will, by critical scrutiny, ascertain the fitness of the applicant, a necessity suggested, in the first place, but consideration for the candidate, whose time and talents will serve him better in some other vocation, if he be unfit for this, and in the second, by consideration for a public entitled to protection from those whom the very boldness of modern medical strategy equips with instruments that, tremendously effective for good when rightly used, are all the more terrible for harm if ignorantly or incompetently employed".*

The American Medical Association (AMA) became the gatekeeper while the FDA was the medical bouncer outside. The FDA was formed in 1930. The FDA didn't test drugs and treatments for efficacy until the 1960's. For 3 decades, drugs and treatments were essential the wild west. When the AMA and FDA wanted a specific drug to go through, money was the only barrier. Pay to play.

The AMA became the authoritative power to certify or de-certify any medical school who didn't toe the line if they didn't use allopathic approved medicines. After they became the gatekeepers, the number of medical schools went from 160 in 1906 (before the Flexner Report) to 85 in 1920 and then down to 69 schools in 1944. Natural remedies were disregarded as quackery since nature is illegal. The great irony is that all drugs are derived from plants. Naturopathic physicians who used alternative treatments were labeled as quacks and charlatans, Royal Rife was a great example of this. Relentless campaigns of misinformation, fraud, deception and suppression of alternative treatments soon followed.

The rest is history.

Walk into any medical school today and they are still run by Rockefeller-influenced medicine. Debt, death and deception that is drunk on power from the mountains of prescription drugs that are ruining the lives of many Americans (i.e., treating the symptoms and not curing the patient). Don't forget all of the endless Big Pharma commercials where magically everyone looks happy, and they throw up the long list of side effects……

The medical-drug cartel was summed up by J.W Hodge, M.D., of Niagara Falls, N.Y., in these words: "*The medical monopoly or medical trust, euphemistically called the American Medical Association, is not merely the meanest monopoly ever organized, but the most arrogant, dangerous and despotic organization which ever managed a free people in this or any other age. Any and all methods of healing the sick by means of safe, simple and natural remedies are sure to be assailed and denounced by the arrogant leaders of the AMA doctors' trust as fakes, frauds and humbugs. Every practitioner of the healing art who does not ally himself with the medical trust is denounced as a 'dangerous quack' and impostor by the predatory trust doctors. Every sanitarian who attempts to restore the sick to a state of health by natural means without resort to the knife or poisonous drugs, disease imparting serums, deadly toxins or vaccines, is at once pounced upon by these medical tyrants and fanatics, bitterly denounced, vilified and persecuted to the fullest extent.*"

The foundation of Modern Allopathic Medicine is based on Louis Pasteur's *Germ Theory*, a flawed concept. A disease condition is viewed by the orthodoxy as an isolated event, confined to the area in which it manifests itself (an ear infection, lung cancer, skin cancer, etc.). Under this theory, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body.

The solution is sought through mechanical and chemical means. Doctors tend to ignore the WHY and rush for the quick fix of drugs to answer the patient's problem since they are not in the business of curing their patients. Healthy patients are not profitable while sick patients perpetuate the profitable system.

A contemporary of Pasteur, Antoine Bechamp, had a different opinion as to why disease conditions 'took hold'. Bechamp felt that the environment, or the ecology of the blood played a critical role in deciding whether disease conditions would manifest or not. It's not just a blanket statement of every illness is simply genetic, but rather more often it is epigenetic-the environment plays a major role in turning on and off specific genes that can lead to disease. Alternative medicine explores the stressors (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a *weakening* of a particular energy field; which in turn allows the manifestation of a disease condition in a weakened area.

In order to maintain a state of health, all energy systems within the body need to exist in a state of balance or equilibrium. Imbalance leads to conditions of discomfort (dis-ease) which eventually spirals into ill health if not corrected. Ayurvedic medicine had worked all of this out thousands of years ago. Modern Allopathic Medicine utilizes poisons (drugs) in non-lethal dosages in order to suppress symptoms in an affected area. This approach

neither addresses the cause of the disease condition, nor is it responsible for healing the patient.

Rather, the use of drugs often will mask the outer manifestations of the malady, while at the same time, drive the disease deeper into the body...only to reappear at a later date, as a more serious, and chronic health threat. One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, rather than the patient. The term holistic originally sprang up to distinguish between those physicians whose diagnostic configuration considers all of the physical, emotional, and spiritual energies interacting with the patient.

“Do you want to see a lot of sudden cures for cancer and other diseases? Stop funding the research.”- George Carlin

Sadly, there has been a deceptive agenda laid out by big pharmaceutical companies and organized medicine to suppress any and every alternative, non-drug therapy that works. Why?

More treatments = more money

Curing patients is not a profitable endeavor. Perpetually sick patients racks in more profits for the Big Pharma system. Managing patients means routine office visits and renewing drug prescriptions. Therefore, a manageable patient is a continuing source of income; a cash cow. Multiply that by a few hundred million people and you get an idea why this deceit is being put upon you. The profits from the so called "healthcare" industry are staggering!

The thrust of the big pharmaceutical agenda is to provide temporary relief, while never addressing the cause of the disease condition. This agenda ensures regular visits to the doctor's office and requires the patient to routinely return to the pharmacy to refill his prescriptions. This is what the game is all about folks, plain and simple. The patient's immune system and the immune system alone is responsible for healing and recovery from ill health. The use of drugs and “vaccines” represents an assault on the immune system. Newsflash, we cannot inject our way to better health. The body requires vitamins and minerals to grow and maintain. Choking down pharmaceutical drugs will not improve your health.

The human body is self-healing and self-regulating.

Let’s not forget about Dr. Ancel Keys and his failed 1944-45 Minnesota Starvation Study which starved 36 men in the name of “science.” In addition, his study deceptively consists of millions of Americans to embrace

Crisco, low-fat diets and less meat all in exchange for a tidal wave of destructive diseases. The influence of Keys led to low-fat diets being programmed into the authoritative Food Pyramid. Dietary guidelines are marketing campaigns in disguise for big agriculture (corn, soy and wheat). This guy makes me sick to my face.

Lard was replaced with Crisco and margarine. Whole milk was replaced with low-fat high sugar strawberry milk. Meat consumption was dramatically reduced nationwide to prop up cheap grains. Apparently, Dr. Keys was taking propaganda tips from John Harvey Kellogg, the eccentric eugenicist, and his “eat cornflakes so men won’t have more sex theories.”

Kellogg, along with the Seventh Day Adventist Church, believed that we should live on corn flakes and vegetables, no caffeine, no meat along with cherry picking longevity studies in their favor. The disturbing part is that Keys, Kellogg and Pasteur all had destructive agendas that led to massive nutritional misinformation that ruined many lives. Even back in those days, people were told to “trust the science.”

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Whether it's one of the thousands of man-made religions or the current religion, scientism, people want to be told what to think and not told how to think. It would behoove all of us to pay attention to what we eat. After all, we are what we eat (and absorb). It drives people crazy that I am not a fan of the keto cult, vegan cult, raw juice cult, carnivore cult, etc. There are so many healthy foods to choose from. I am also not a fan of the allopathic medical industrial complex as they are quick to say that all health issues are simply genetic. This is pure insanity at a level that we cannot even begin to imagine. If you do what you have always done (like your unhealthy relatives), then you will get a similar outcome. However, as successful people have broken the cycle of poverty, we can also break the cycle of chronic diseases. The top three causes of death in the US:
heart disease, cancer and MEDICAL ERRORS.

Everyone has a unique metabolism so one plan does not fit all. I realize that eating the right foods, taking vitamins and mineral supplements, doesn't

equate to curing all DIS-EASES or any ailments. But it doesn't hurt to put in the effort to try to prevent health issues down the road. Discipline weighs ounces while regret weighs tons.

Big Pharma won't reap outrageous profits if you actually take care of your health. Who wants to do that? I realize that we cannot sell the thought of eating wild salmon, potatoes and broccoli. It's not sexy. The bought and paid for marketing department at the large corporations don't get excited. Metabolic chaos is profitable.

Imagine an individual who eats a balanced diet, gets proper sleep, exercises and spends time in the sun. No wonder they enjoy great health. You know your body better than government agencies (American Murder Association, Fraud & Drug Association). They are a bunch of clowns. Common sense is not present in these government agencies. Eating should be a fun experience, not the daily chore that it is made out to be. If you can avoid GMOs, alcohol, food additives, candy, fizzy pop, energy drinks (green radioactive horse piss) and fast food slop from the drive thru windows, you are on the right track to taking charge of your health.

Food quality will always trump food quantity. Don't let anyone dictate how you live your life, especially with food. In this book, we will take a very deep dive into Macronutrients, Vitamins, Minerals, Antioxidants and what foods to look for to get your key nutrients in your life. As of the time of publication, this is the only book in the world that breaks down the nutritional value of recipes. The first part of this book is a nutrition master class download.

To preserve my sanity, I will NOT list the Recommended Daily Allowances (RDA) percentages since they are not accurate for everyone. Use your own judgment as to how much nutrient that you need. Originally, RDAs were set in place as a guideline, not to be set in stone, and it was a measuring point to prevent nutritional deficiencies, barely.

The second part of this book is loaded with my recipes. The third part of this book is focused on food sourcing and where to find the best ingredients for your kitchen.

Don't Panic, It's Organic

What about organic foods?

People always ask me what foods they should eat. Often, the topic of organic foods pops up. For many people, organic means paying more and getting less. If you buy coconut oil and pea protein, it would be smart to buy the organic version. Conventional coconut oil and pea protein contain hexane, a neurotoxin that is used to extract fats and proteins. In this situation, organic is the better option because no one wants to die from their food choices.

There is no current information available that shows that organic foods are nutritionally superior to conventional foods. However, this may change in the future. Get a lab test to compare organic and conventional foods to make up your own mind. Observe and verify. To a chemist, organic refers to a substance with carbon, hydrogen and oxygen. This would mean that all foods are organic! In modern times, organic has been used to describe plant foods that are grown without synthetic pesticides and animal foods raised without antibiotics and growth hormones.
In December 1997, the USDA released their 1st proposal for organic food standards.
In October 2002, the USDA stated that organic animals must be raised on organic feed (grain).
In February 2003, Congress passed an agricultural bill allowing organic livestock to be fed non-organic feed when the price of organic feed is twice the price of conventional feed while keeping their “organic” standard.

For higher omega-3 levels, it is better to choose grass-fed and grass-finished beef and pasture raised meats (pork, chicken, etc.) along with wild fish. It’s important to note that people love lean meat but often it is conventional grain-fed meat. The better choice is the true leaner grass-fed grass-finished meat. Grass-fed meats are leaner compared to conventional meats. Sure, you can buy locally sourced grain-fed beef from the farmer’s market. No problem. Balance it out with a few servings of wild fish since Omega 3 are much higher in fish over beef. Is it better to finish cows on grass or grain? Talk to your local farmer and make up your own mind.

In 2004, there was an amendment made to an appropriations bill that allows organic foods to contain synthetic ingredients:

“100% organic” is one single ingredient such as a fruit, vegetable, meat, etc.
(excluding water and salt).

“Organic” can refer to multiple ingredients that are 95-100% organic.

“Made with organic ingredients” is based on 70% of the ingredients are organic.

“Contains organic ingredients” has less than 70% of the ingredients are organic.

In 2015, the USDA sent out an update:

“100% organic” refers to a product with certified organic ingredients and processed with an organic method.

All food is processed, even organic food. Processing food doesn’t inherently make it instantly evil. You have to process certain foods to safely consume them. Every time you cook your food, you process it. Who in their right mind eats raw chicken? You have to process chicken to safely consume it.

“Organic” means that a product has certified organic ingredients and may include up to 5% of non-organic ingredients (excluding water and salt) that are specified on the National List of Allowed & Prohibited Substances. “Made with organic ingredients” means that a product has at least 70% certified organic ingredients. For example, let’s say that if you buy organic potatoes (sprayed with organic pesticides 5 times) and you also bought conventional potatoes (sprayed with conventional pesticides once), which one is a better buy? There is a HUGE MYTH that still lingers today: naïve people believe that organic produce have no pesticides. This is not true. The pesticide question comes into play. Organic “natural” pesticides can be just as toxic as conventional synthetic pesticides. In a perfect world, we would use no pesticides. Here is a brief list of the major pesticides that are approved for use in organic farming:

Bacillus subtilis

Bacilus thuringiensis

Beauveria bassiana

Boric acid

Coniothyrium minitans

Copper hydroxide

Copper oxide

Copper oxychloride

Copper sulfate

Corn gluten

Cydia pomonella granulosis

Diatomaceous earth

Gibberellic acid

Horticultural vinegar

Hydrogen peroxide

Lime sulfur: including calcium polysulfide

Minerals such as elemental sulfur, bicarbonate, or kaolin clay

Myrothecium verrucaria

Non-detergent insecticidal soaps

Oils, including petroleum, vegetable, and fish oils

Peracetic acid

Pheromones and pheromone traps

Plant-derived substances such as neem, caraway oil, seed fennel, quassia, or ryania

Ryania/Ryanodine

Sabadilla

Spinosad

Streptomycin sulfate and tetracycline

Sticky traps

Vitamin D3

The less chemicals, the better. I agree that organic growing practices, such as using compost, is an easy, sustainable practice along with adding wood ashes (huge source of minerals) back into your garden. If you can grow your own food, that is the way to go. If you are not able to grow your own food, go to your local farmer's market. Get to know your farmers. Keep in mind that some organic farms do not use any pesticides, some do. Ask them!

Thin-skin foods are better in organic form since they tend to have higher pesticide residue on conventional crops on average (spinach, strawberries, grapes).
Thick-skin foods (watermelon, oranges, avocados) may be a better choice to buy conventional food to save some money. For me, it comes down to personal preference.

Here is another example:
Let's say you want to buy organic beef. It's not a bad product per se. However, every cow grazes on pasture. Technically, all beef is grass-fed. Conventional beef are "finished" on corn or grain to fatten them up in the last 3 months before harvesting.
This destroys the Omega-3 fatty acid profile and is heavily skewed on the Omega-6 side. Conventional beef can lead to terrible inflammation, and it is not a good addition to your diet. Grass-fed and grass-finished beef is amazing since it is much higher in Omega-3, and it has an anti-inflammatory effect in the body. It is leaner with a bolder, beefier flavor.

In the U.S., less than 3% of all beef is grass-fed and grass-finished while the rest is commercial grain-finished beef. In Australia and New Zealand, ALL OF THEIR BEEF IS GRASS-FED AND GRASS-FINISHED. Once again, America has it all wrong. Although if you want to ramp up your Omega-3

intake, eat more wild salmon. For organic beef, the cows are fed organic grain instead of grass in the latter stages of their life. This equates to less Omega-3 but it's organic.

In this case, the grass-fed and grass-finished beef from your local farmer would be superior.
For all we know, the USDA organic label may be nothing more than a marketing scheme to extract more dollars out of the artsy fartsy hippy dippy juice cults in the big cities. Is the certified organic label all marketing? I will let you decide.

If you really want to dig deeper, ask your local farmers about pesticides and their growing practices. Visit their farms! Often, you will find many "beyond organic" farmers in the middle lane: they are better than conventional farms and they cannot afford the outrageous organic certification fees. Who really wants to deal with Keto Karen from the USDA with a clipboard barking orders at you on your farm!

Trust me the FDA contracts inspectors from the USDA to do their dirty work. My favorite question they asked during a surprise inspection in early 2024 was, "How much money do you make, before taxes?" It seems that the FDA was stealing lines out of the Stepbrothers movie. Maybe the FDA, USDA and IRS are all in bed together. In my opinion, these agencies should be eliminated. There are two types of people in this world: those who want to be left alone and those who won't leave you alone. People who work for these 3 letter agencies are failed HR ladies who embrace endless rules and regulations to burden the productive people in society.

Does the government solve problems in the food & nutrition space?

I'll let you be the judge.

Remember, the information in this book have not been evaluated by the FDA or any other medical body. The information in this book does not aim to diagnose, treat, cure or prevent any illness or disease. This book is for educational purposes only. Consult a qualified health practitioner before acting on any content in this book, especially if you are pregnant, nursing, taking medication, or have a medical condition.

Nutrition 101

This book features an extensive nutritional analysis of a vast array of foods: meats, seafood, dairy, fruits, vegetables, fats, etc. We have to know what we are eating. My goal with this book is to help you make better decisions with your nutrition plan. No other book in history has addressed the complete nutritional story from Vitamin A to Zinc in foods, until now….

All I can say is that you need to examine your diet and think of it more like a lifestyle. To live a good life, you need to eat very well. We cannot inject our way to good health. Remember the time when the coronavirus ran wild, turned into Covid-19, the scientism cult took over and the whole world was bullied into taking mysterious potions "since we need to trust the science bro."

Keep in mind that you should not live and die by the nutritional panel numbers. Instead, use the panel numbers simply as a guideline to get your nutritional act together. For example, if you are very active, you may need more nutrients overall. The Recommended Daily Allowances (RDA) never mention this. Keep in mind that every single person on the planet has slightly different nutritional requirements. For an average 150 lb. man or woman, 18+, each day the recommended daily allowance to prevent nutritional deficiencies are listed below.

Calories 2,000-3,000
Total Fat 65-78g
Saturated Fat 20-25g
Omega-3 & Omega-6 1.1g-1.3g*
Cholesterol 300mg
Carbs 275-300g**
Fiber 25-30g
Protein 60g+

Vitamins

Vitamin A (retinol) 1,500-3,000 mcg
Vitamin B1 (thiamine) 50-100mg
Vitamin B2 (riboflavin) 15-50mg
Vitamin B3 (niacin) 15-50mg
Vitamin B5 (pantothenic acid) 50-100mg
Vitamin B6 (pyridoxine) 50-100mg
Vitamin B7 (biotin) 400-800mcg
Vitamin B9 (folate) 400-800mcg
Vitamin B12 (cobalamin) 200-400mcg
Vitamin C (ascorbic acid) 1,000-3,000mg
Vitamin D3 (cholecalciferol) 25mcg
Vitamin E (d-alpha-tocopherol) 134mg
Vitamin K 120mcg
Choline 50-200mg

Minerals

Calcium 1,500-2,000mg
Copper 2-3mg
Iodine 150-300mcg
Iron 18-30mg

Magnesium 750-1,000mg
Manganese 3-10mg
Phosphorus 700-1,250mg
Potassium 4,700mg
Selenium 100-200mcg
Sodium 2,300mg
Zinc 10-20mg

Essential Amino Acids

Histidine 952mg
Isoleucine 1,292mg
Leucine 2,856mg
Lysine 2,584mg
Methionine 1,292mg
Phenylalanine 2,244mg
Threonine 1,360mg
Tryptophan 340mg
Valine 1,632mg

Miscellaneous

ORAC 10,000+ points

*The key here is that omegas 3 and 6 are both important. Shoot for a 1:1 ratio. Many people eat too many foods high in Omega 6 and not enough Omega 3. It is all about keeping the body in a state of Nutritional Nirvana- or a state of equilibrium. Cook with saturated fats: butter, ghee, lard, bacon fat, coconut oil. Stay away from the trans fats from hydrogenated vegetable oils (shortening) and the fatty plastic margarine.

Ignorance is not bliss. What you don't know will hurt your health. When you buy meat, butter and dairy, look for grass-fed, grass-finished and pasture raised to ensure that you are consuming foods with higher levels of omega-3 as they anti-inflammatory effects on the body.

GRASS-FED, GRASS-FINISHED RED MEAT IS YOUR FRIEND!

**This one is up for debate. Carbs and fiber are a matter of personal preference. Some people can get away with zero carbs and zero fiber (carnivores), some people can get away with a high amount, vegans and some people are in the middle. There are also people who live on air alone.

You are responsible for your health and well-being.
Keep in mind that all food is processed in some way. Often, foods are processed so that they are easier to digest. For me, I cannot eat raw broccoli. It just tears my stomach to shreds. However, when I lightly cook it, the broccoli is much more palatable and easier to digest. When I eat kale, raw or cooked, I have a sensation of someone tearing out my intestinal tract. Not fun. Different strokes for different folks.

Actual nutrient requirements will always vary based on age, gender, activity level, medical history, etc. This is a general guide to what nutrients you need each day to prevent any nutritional deficiencies. The funny part is that the topic of nutritional deficiencies is rarely discussed in the mainstream media even though they are a major part of many diseases.

Over 900 health issues fall under several categories: hard tissue problems (calcium deficiency), soft tissue problems (cholesterol and or essential fatty acid deficiency), blood sugar problems and digestive problems. This boils down to a very simple conclusion: genetic diseases are really nutritional deficiencies in disguise.

Soil erosion, industrial mono crop farming, food processing and limited dietary options all contribute to the rise of nutritional deficiencies. Nutritional deficiencies affect around 2 billion people which can lead to an increased risk for infections, terrible illnesses and death!
Who is at risk for nutritional deficiency?

Pregnant women (Vitamin B6, Folate, Iron, Vitamin D)
Children and teenagers (Vitamin D)
People with darker skin (Vitamin D)
Keto Diet (Calcium, Iron, Magnesium, Vitamin C, Phosphorus, B Vitamins)
Gluten-Free Diet (Calcium, Iron, Magnesium, Zinc, B Vitamins, Vitamin D)
Adkins Diet (Calcium, Copper, Magnesium, Potassium, Vitamin E, Iodine)
Paleo Diet (Calcium, Magnesium, Iodine, B Vitamins)
Older adults (Vitamin B12, Vitamin D, Zinc)
Patients with fat malabsorption syndromes (Vitamin A, D, E, K)
Alcoholics (Vitamin A, B Vitamins)
Smokers (Vitamin C, Vitamin E)
Vegans (Vitamin B12, Vitamin D, Calcium, Iodine, Iron, Zinc)

Which specific substances cause nutritional deficiencies?

Alcohol (Vitamins B, C, D, E, K, Magnesium)
Antacids (Vitamin A, B6, B9, B12, D, Calcium, Magnesium, Iron, Zinc)
Antibiotics (B Vitamins, Potassium, Iron, Vitamin D, Zinc, Magnesium, Vitamin K, probiotics)
Antidepressants (Calcium, CoQ10, Vitamins B2, B6, B9, C, Magnesium, Melatonin)
Aspirin (B Vitamins, Calcium, Iron, Potassium, Vitamin A & C)
Birth Control (Vitamin B12, C, E, CoQ10, Magnesium, Iodine, Zinc, Selenium, Manganese)
Blood Pressure Medication (Zinc, Calcium, Potassium, CoQ10, Vitamin B2, B6, B9)
Caffeine (Biotin, Potassium, Vitamin B1, Zinc)
Diuretics (Calcium, Iodine, Magnesium, Potassium, Riboflavin, Vitamin C, Zinc)
Laxatives (Potassium, Vitamin A & K)

Statins (CoQ10, Vitamin D, Iron, Zinc, Magnesium, Potassium)
Stimulants (Iron, Potassium Vitamin D, Magnesium, Zinc)
Tobacco (Vitamins A, C & E)

Which specific illnesses are caused by nutritional deficiencies?

Cardiomyopathy (Selenium, Vitamin E, essential fatty acids)
Heart Disease (Selenium, Vitamin C & E, Magnesium, Copper, essential fatty acids)
Cerebrovascular Disease (Selenium, Vitamin C & E, Magnesium, Copper, essential fatty acids)
Aneurysms (Copper)
Diabetes (Chromium, Vanadium, Zinc)
Liver Cirrhosis (Selenium, Copper, Sulfur)
Alzheimer's Disease (Vitamin B1, Vitamin E, Selenium)
Cancer (Selenium, Zinc, Vitamin A, C & E)

We are what we absorb. A food may have 100mg of a specific nutrient. Your body may only absorb 80%. It would be safe to say that you may need a little more of this specific nutrient. As you age, the body, on average, absorbs less nutrients. Just think back to all of the poor medical advice from the past: eat low fat and low cholesterol because Ancel Keyes said so. It is no surprise that so many health issues stem from this bad advice. Fat and cholesterol is essential for life. There is no real point in severely limiting any nutrients. Bad dietary advice is the equivalent of trying to build a brick house with only mud pies.
You need all of the necessary materials to build the brick house (and also for a healthy body). I would also advise that we not live and die by the nutritional label as many are inaccurate and/or have an average margin of error of 10%. Who in their conscious minds knows what amount of nutrients our body absorbs? No one knows and every day we are playing nutritional Russian roulette with our foods. However, every food that we consume has consequences, some good and some bad. Nutrition boils down to the right foods in the right amounts at the right time. I don't buy into the silly notion of everything in moderation. This is a very outdated nutritional strategy. We don't need diet pops, fried foods, alcohol and MSG in moderation. Let's dive even deeper. Digestion is an ongoing chemical process where enzymes break down nutrients into smaller parts. This is a very condensed summary of our digestive process.

1. It all starts in the mouth. As we chew food, it is mixed with saliva. This is called bolus.

2. Food moves down through the esophagus.
3. The liver makes bile to help with the digestion of fats. (Bile is stored in the gallbladder.)
4. Once food reaches the stomach; it is mixed with acidic gastric juices. Stomach pH is between 1.5-3.5. We need an acidic stomach to break down our food properly.
Blood pH is 7.35-7.4. Don't buy into the scam of the alkalize everything movement.
5. The pancreas works with enzymes to digest big nutrients.
6. Food is mixed with enzymes and bile in the small intestine. They are absorbed through the walls of the digestive tract, a 30 foot long tube, before the nutrients enter the bloodstream. The small intestine is actually longer than the large intestine, go figure.
7. The large intestine consists of the colon and the rectum. Once food hits the colon, water reabsorbs out of the food. Feces is stored in the rectum until it is eliminated. Digestion can take up to 36 hours to complete. Let's dive even deeper.

Calories

A calorie is the amount of energy used to heat up 1 kg of water by one degree Celsius. How many calories do we need? It will depend on the person. Usually, the more active you are, the more calories that you can metabolize. For the average person, this equates to a range of 2,000 to 3,000 calories per day. Our bodies break down fat, protein and carbohydrates to convert them into adenosine triphosphate (ATP). ATP is the energy within that feeds our cells. ATP is created at will whenever the body requires it. It is the body's metabolic mitochondria money that gets deposited and withdrawn from our bank (cells). Magnesium activates the key enzymes for neurons to produce energy from glucose. Calorie conservation was critical in past civilizations but now it is a worldwide calorie explosion.

The best sources of Calories:

Sorghum*	1 cup	632	Mackerel*	4 oz.	297
Pork Spareribs*	4 oz.	409	Bear*	4 oz.	294
Kielbasa*	4 oz.	382	Beef, ground (85/15)*		290
Bratwurst*	4 oz.	378	Bison, ground*	4 oz.	270
Wild Goose*	4 oz.	345	Pheasant*	4 oz.	270
Lamb, ground*	4 oz.	319	Chickpeas*	1 cup	269
Bacon*	2 oz.	311	Choco Peanut Why Bar	1 bar	264
Beef Tenderloin*	4 oz.	310	Lamb Ribs*	4 oz.	264
Sardines, canned	4 oz.	310			

Coconut Milk 4 fl. oz. 261
Dave's Killer Bread Everything Bagels 1 bagel 260
Quail* 4 oz. 256
Sweet Potato* 1 cup 249
Brown Rice* 1 cup 248
Herring, kippered 4 oz. 246
Pinto Beans* 1 cup 245
Blueberry Bliss Why Bar 1 bar 245
Acai Ka'Chava 2 scoops 240
Chocolate Ka'Chava 2 scoops 240
Vanilla Ka'Chava 2 scoops 240
Zesty Lemon Why Bar 1 bar 240
Mango Ginger Why Bar 1 bar 240
Cherry Chia Why Bar 1 bar 238
Anchovies, canned 4 oz. 238
Beef Ribeye* 4 oz. 236
Apple Almond Why Bar 1 bar 233
Beef Skirt Steak* 4 oz. 232
Pesto ¼ cup 231
Lentils* 1 cup 230
Duck Breast* 4 oz. 229
Super Cacao Why Bar 1 bar 228
Avocado 1 medium 227
Black Beans* 1 cup 227
Kidney Beans* 1 cup 225
Quinoa* 1 cup 222
Egg Noodles* 1 cup 221
Peanuts* ¼ cup 214
Beefalo* 4 oz. 213
Sirloin Steak* 4 oz. 213
Yellowtail* 4 oz. 212
Bluefin Tuna* 4 oz. 209
White Rice* 1 cup 205
Swordfish* 4 oz. 205
Macadamia Nuts 1 oz. 204
Pili Nuts 1 oz. 204
Chicken Thigh* 4 oz. 203
Bison Ribeye* 4 oz. 201
Elk, ground* 4 oz. 200
Beef Liver* 4 oz. 198
Ostrich, ground* 4 oz. 198
Pecans 1 oz. 196
Turkey Thigh* 4 oz. 196
Almond Butter 2 Tbsp. 196
Whitefish* 4 oz. 195
Mussels* 4 oz. 195
Rabbit* 4 oz. 195
Chicken Liver* 4 oz. 195
Clams* 4 oz. 194
Barley* 1 cup 193
Pine Nuts 1 oz. 191
Cottage Cheese, low-fat 1 cup 190
Peanut Butter 2 Tbsp. 190
Caribou* 4 oz. 188
Coconut, shredded 1 oz. 187
Chicken Breast* 4 oz. 187
Ricotta ½ cup 186
Pork Chop* 4 oz. 186
Walnuts 1 oz. 185
Whole Wheat Bread 2 slices 183
Wild Boar* 4 oz. 181
Seven Sundays Cocoa Crunch Cereal ¾ cup 180
Seven Sundays Honey Almond Cereal ¾ cup 180
Hazelnuts 1 oz. 178
Venison, ground* 4 oz. 178
Sockeye Salmon* 4 oz. 177
Couscous* 1 cup 176
Black Walnuts 1 oz. 175
Whole Wheat Pasta* 1 cup 174
Catfish* 4 oz. 172
Emu, ground* 4 oz. 172
Seven Sundays Cinnamon Toast Cereal ¾ cup 170
Antelope* 4 oz. 170
Yak, ground* 4 oz. 170

Dark Chocolate 1 oz. 170
Almonds 1 oz. 170
Tahini 1 Tbsp. 169
Rainbow Trout* 4 oz. 168
Turkey Breast* 4 oz. 167
Sunflower Seeds 1 oz. 166
Wild Rice* 1 cup 166
Semi-Sweet Chocolate 1 oz. 164
Cashews 1 oz. 163
Pork Tenderloin* 4 oz. 162
Pistachios 1 oz. 161
Goat* 4 oz. 161
Cinnamon Ezekiel Bread 2 slices 160
Fage 5% Greek Yogurt 6 oz. 160
Whole Milk, raw 8 fl. oz. 160
Cherry Juice 8 fl. oz. 159
Yams* 1 cup 158
Pumpkin Seeds 1 oz. 158
Perch* 4 oz. 156
Ham* 4 oz. 156
Grits* 1 cup 156
Duck Eggs* 1 large 156
Quick Oats ½ cup 156
Milk Chocolate 1 oz. 155
Cornish Game Hen* 4 oz. 151
Moose* 4 oz. 151
Pike* 4 oz. 151
Whole Milk, raw 8 fl. oz. 150
Water Buffalo* 4 oz. 149
Tart Cherry Juice 8 fl. oz. 149
Tuna, canned 4 oz. 145
Reindeer Meat* 4 oz. 144
Corn* 1 cup 143
Eggs* 2 large 142
Pepperoni 1 oz. 141
Turbot* 4 oz. 138
Chia Seeds 2 Tbsp. 138
Sea Bass* 4 oz. 138
Grape Juice 8 fl. oz. 136
Walleye* 4 oz. 135
Potatoes, boiled 1 cup 134
Green Peas* 1 cup 134
Pomegranate Juice 8 fl. oz. 134
Grouper* 4 oz. 134
Cherries, dried ¼ cup 133
Medjool Dates 2 dates 133
Marinara Sauce 1 cup 129
Halibut* 4 oz. 129
Ranch Dressing 2 Tbsp. 129
Skyr 5.3 oz. 128
Mahi Mahi* 4 oz. 124
Sunflower Oil 1 Tbsp. 124
Avocado Oil 1 Tbsp. 124
Canola Oil 1 Tbsp. 124
Rockfish* 4 oz. 124
Ghee 1 oz. 123
Cranberries, dried ¼ cup 123
Shrimp* 4 oz. 121
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 120
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 120
Grapeseed Oil 1 Tbsp. 120
Sesame Oil 1 Tbsp. 120
Pineapple Juice 8 fl. oz. 120
Coconut Oil 1 Tbsp. 120
Olive Oil 1 Tbsp. 120
Flax Seed Oil 1 Tbsp. 120
Persimmon 1 fruit 119
Orange Roughy* 4 oz. 119
Cornbread 1 oz. 119
Boursin Cheese 1 oz. 117
Gruyere Cheese 1 oz. 117
Oysters* 4 oz. 116
Oat Bran ½ cup 116
Passion Fruit Juice 8 fl. oz. 116
Cranberry Juice 8 fl. oz. 116
Currants, dried ¼ cup 116
Acorn Squash* 1 cup 115
Beef Tallow 1 Tbsp. 115
Lard 1 Tbsp. 115

Cheddar Cheese 1 oz. 114
Potatoes, baked 1 cup 113
Pears 1 medium 112
Colby Cheese 1 oz. 112
Edamame* ½ cup 112
Orange Juice 8 fl. oz. 112
Tilapia* 4 oz. 111
Hemp Seeds 2 Tbsp. 111
Swiss Cheese 1 oz. 111
Monkfish* 4 oz. 110
Fontina Cheese 1 oz. 110
Romano Cheese 1 oz. 110
Kiwi 1 cup 110
King Crab* 4 oz. 110
Lobster* 4 oz. 109
Sorghum Flour ¼ cup 109
Colby Jack Cheese 1 oz. 109
Wheat Germ ¼ cup 108
Monterey Cheese 1 oz. 106
Hummus ¼ cup 106
Banana 1 medium 105
Smelt* 4 oz. 105
Grapes 1 cup 104
Whole Milk Yogurt 6 oz. 104
Muenster Cheese 1 oz. 104
Apples 1 large 104
Apple Juice 8 fl. oz. 104
Grapefruit 1 fruit 103
Tangerines 1 cup 103
Butter 1 Tbsp. 102
Calamari* 4 oz. 102
Whole Wheat Flour ¼ cup 102
Mango 1 cup 100
Cream Cheese 1 oz. 100
Edam Cheese 1 oz. 100
Gouda Cheese 1 oz. 100
Provolone Cheese 1 oz. 100
Pepper Jack Cheese 1 oz. 100
Flounder* 4 oz. 100
Pollock* 4 oz. 98
Grapefruit Juice 8 fl. oz. 96
Scallops* 4 oz. 96
Brie Cheese 1 oz. 95
Cod* 4 oz. 95
Mayonnaise 1 oz. 94
Tahini 1 Tbsp. 89
Queso Blanco Cheese 1 oz. 88
Valencia Oranges 1 cup 88
Raisins 1 oz. 85
Mozzarella 1 oz. 85
Kalamata Olives 1 oz. 85
Blueberries 1 cup 84
Pineapple 1 cup 83
Butternut Squash* 1 cup 82
Coconut Water 16 fl. oz. 82
Shiitake Mushrooms* 1 cup 81
Navel Oranges 1 cup 81
Sunflower Lecithin Powder 4 tsp. 80
Dover Sole* 4 oz. 79
Tart Cherries, raw 1 cup 78
Plums 1 cup 76
Bulgur* 1 cup 75
Goat Cheese 1 oz. 75
Flax Seeds, ground 2 Tbsp. 75
Salami 1 oz. 74
Beets* 1 cup 74
Apricots 1 cup 74
Manuka Honey 1 Tbsp. 72
Prunes 1 oz. 68
Marinara Sauce ½ cup 66
Haddock* 4 oz. 64
Raw Honey 1 Tbsp. 64
Raspberries 1 cup 64
Collard Greens* 1 cup 63
Nectarines 1 cup 63
Papaya 1 cup 62
Blackberries 1 cup 62
Honeydew 1 cup 61
Maca Powder 1 Tbsp. 60
Cantaloupe 1 cup 60
Peaches 1 cup 60
Molasses 1 Tbsp. 58
Green Beans* 1 cup 58

Brussels Sprouts* 1 cup 56
Acerola Cherry Juice 8 fl. oz. 56
Sauerkraut 1 cup 55
Broccoli* 1 cup 54
Carrots* 1 cup 55
Carrots, raw 1 cup 52
Sesame Seeds 1 Tbsp. 52
Maple Syrup 1 Tbsp. 52
Yellow Bell Peppers 1 large 50
Goji Berries, dried 2 ½ Tbsp. 49
Watermelon 1 cup 46
Strawberries 1 cup 46
Poppy Seeds 1 Tbsp. 46
Red Cabbage* 1 cup 44
Red Bell Peppers 1 large pepper 43
Pumpkin, canned ½ cup 42
Parmesan, grated 2 Tbsp. 42
Tomato Juice 8 fl. oz. 42
Spinach* 1 cup 41
Asparagus* 1 cup 40
Yellow Bell Peppers 1 cup 40
Orange Bell Peppers 1 cup 40
Swiss Chard* 1 cup 35
Tangy Tangerine 2.5 1 scoop 35
Savoy Cabbage* 1 cup 35
Brazil Nuts 1 kernel 33
Tomatoes, raw 1 cup 32
Wheat Bran ¼ cup 31
Bee Pollen 1 Tbsp. 30
Cauliflower* 1 cup 29
Red Cabbage, raw 1 cup 28
Romaine Lettuce 3 cups 24
Kimchi 1 cup 23
Savoy Cabbage, raw 1 cup 19
Bok Choy* 1 cup 20
Onions ¼ cup 16
Lime Juice 2 fl. oz. 15
Cucumber 1 cup 16
Lemon Juice 2 fl. oz. 13
Watercress 4 oz. 12
Cacao Powder 1 Tbsp. 12
Garlic Powder 1 tsp. 10
Celery 1 large stalk 9
Onion Powder 1 tsp. 8
Scallions 1 scallion 8
Kale, raw 1 cup 7
Spinach, raw 1 cup 7
Cilantro, raw 1 oz. 6
Ginger, ground 1 tsp. 6
Paprika 1 tsp. 6
Curry Powder 1 tsp. 6
Cinnamon, ground 1 tsp. 6
Cloves, ground 1 tsp. 5
Cayenne Pepper 1 tsp. 5
Arugula 1 cup 5
Black Pepper 1 tsp. 5
Rosemary, dried 1tsp. 4
Garlic, raw 1 clove 4
Watercress 1 cup 3
Oregano, dried 1 tsp. 3
Dill Pickles 1 oz. 3
Thyme, dried 1 tsp. 2
Ginger, raw 1 tsp. 2
*cooked

Fats

Fats are naturally occurring substances that are essential to life. We need fat and we do not need big pharma drugs. Fats are made from glycerol and fatty acids.

Fats are categorized into several groups:

Saturated Fats

Saturated Fats are fat molecules without double carbon bonds. We need saturated fat to help regulate cholesterol levels. Saturated fats are very useful for the proper absorption of fat-soluble vitamins (A, D, E, K). We need saturated fats to properly incorporate calcium into our bones. In addition, saturated fat is crucial for maintaining a strong myelin sheath around our brain, liver and lungs. Last, but not least, your brain is made from saturated fat and cholesterol! Let's not forget about all of the years of low-fat and low-cholesterol propaganda that has plagued so many people. Get a new doctor folks and eat saturated fat. Stick to butter, ghee, bacon fat, lard, beef tallow and coconut oil from organic, grass-fed and pasture-raised sources.

The best sources of Saturated Fats:

Coconut Oil 1 Tbsp. 12g
Lamb, ground* 4 oz. 9.2g
Bacon* 2 oz. 8g
Butter 1 Tbsp. 7.3g
Beef, ground* 4 oz. 7.3g
Fage 5% Greek Yogurt 6 oz. 6g
Cornish Game Hen* 4 oz. 5.7g
Cheddar Cheese 1 oz. 5.3g
Lard 1 Tbsp. 5g
Elk, ground* 4 oz. 4.5g
Venison, ground* 4 oz. 4.5g
Whole Milk, raw 8 fl. oz. 4.5g
Vanilla Ka'Chava 2 scoops 4.5g
Chocolate Ka'Chava 2 scoops 4.4g
Avocado 1 medium 4.3g
Acai Ka'Chava 2 scoops 4g
Bear* 4 oz. 4g
Eggs* 2 large 4g
Whole Milk Yogurt 6 oz. 3.6g
Seven Sundays Cocoa Crunch Cereal ¾ cup 3.5g
Seven Sundays Honey Almond Cereal ¾ cup 3.5g
Yak, ground* 4 oz. 3.5g
Macadamia Nuts 1 oz. 3.4g
Herring* 4 oz. 3.4g
Bison, ground* 4 oz. 3.3g
Duck Breast* 4 oz. 3.3g
Peanut Butter 2 Tbsp. 3.3g
Seven Sundays Cinnamon Toast Cereal ¾ cup 3g
Peanuts* ¼ cup 2.8g
Beef Ribeye* 4 oz. 2.7g
Chicken Thigh* 4 oz. 2.6g
Cashews 1 oz. 2.6g
Pumpkin Seeds 1 oz. 2.5g
Bison Ribeye* 4 oz. 2.5g
Swordfish* 4 oz. 2.20g
Ostrich, ground* 4 oz. 2.03g
Olive Oil 1 Tbsp. 1.9g
Caribou* 4 oz. 1.9g
Catfish* 4 oz. 1.9g
Pecans 1 oz. 1.8g
Walnuts 1 oz. 1.7g
Pistachios 1 oz. 1.7g
Wild Boar* 4 oz. 1.5g
Sunflower Oil 1 Tbsp. 1.4g
Grapeseed Oil 1 Tbsp. 1.3g
Rainbow Trout* 4 oz. 1.3g
Hazelnuts 1 oz. 1.3g
Whitefish* 4 oz. 1.3g
Sunflower Seeds 1 oz. 1.3g
Almond Butter 2 Tbsp. 1.3g
Sorghum* 1 cup 1.2g
Almonds 1 oz. 1.1g
Sockeye Salmon* 4 oz. 1.1g
Tahini 1 Tbsp. 1.1g
Goat* 4 oz. 1g
Chicken Breast* 4 oz. 1g
Black Walnuts 1 oz. 1g

Opportuniteas Chocolate Whey Protein Isolate 2 scoops 1g
Kalamata Olives 1 oz. 0.9g
Hemp Seeds 2 Tbsp. 0.9g
Brazil Nuts 1 kernel 0.8g
Hummus ¼ cup 0.7g
Sesame Seeds 1 Tbsp. 0.6g
Oat Bran ½ cup 0.6g
Quick Oats ½ cup 0.5g
Flax Seeds, ground 2 Tbsp. 0.5g
Chickpeas* 1 cup 0.4g
Clams* 4 oz. 0.4g
Lobster* 4 oz. 0.3g
King Crab* 4 oz. 0.2g
Black Beans* 1 cup 0.2g
Sorghum Flour ¼ cup 0.2g
Lentils* 1 cup 0.1g
*cooked

Monounsaturated Fats

Monounsaturated Fats are fat molecules with one unsaturated carbon bond in the molecule.
Monounsaturated Fat decreases LDL cholesterol, may speed up weight loss, reduces the risk of heart disease, lowers blood pressure, eases arthritis pain and lowers the risk of breast cancer.

The best sources of Monounsaturated Fats:

Avocado 1 medium 19.6g
Macadamia Nuts 1 oz. 16.8g
Hazelnuts 1 oz. 12.94g
Pecans 1 oz. 11.5g
Bacon* 2 oz. 10.81g
Almond Butter 2 Tbsp. 10.38g
Olive Oil 1 Tbsp. 9.8g
Peanuts* ¼ cup 9.5g
Lamb, ground* 4 oz. 9.43g
Cornish Game Hen* 4 oz. 8.99g
Almonds 1 oz. 8.94g
Beef, ground* 4 oz. 8.5g
Peanut Butter 2 Tbsp. 8.3g
Cashews 1 oz. 7.82g
Chicken Thigh* 4 oz. 7.30g
Pistachios 1 oz. 7.03g
Herring* 4 oz. 6.97g
Bear* 4 oz. 6.41g
Pheasant* 4 oz. 6.35g
Duck Breast* 4 oz. 6.15g
Lard 1 Tbsp. 5.77g
Quail* 4 oz. 5.52g
Eggs* 2 large 5.41g
Sunflower Seeds 1 oz. 5.25g
Beef Ribeye* 4 oz. 5.06g
Pumpkin Seeds 1 oz. 4.6g
Black Walnuts 1 oz. 4.4g
Swordfish* 4 oz. 4.01g
Bison, ground* 4 oz. 3.73g
Rainbow Trout* 4 oz. 3.7g
Catfish* 4 oz. 3.67g
Fage 5% Greek Yogurt 6 oz. 3.63g
Elk, ground* 4 oz. 3.12g
Tahini 1 Tbsp. 3g
Butter 1 Tbsp. 2.98g
Hummus ¼ cup 2.9g
Whitefish* 4 oz. 2.9g
Sunflower Oil 1 Tbsp. 2.73g
Cheddar Cheese 1 oz. 2.66g
Walnuts 1 oz. 2.53g
Bison Ribeye* 4 oz. 2.51g

Ostrich, ground* 4 oz. 2.44g
Emu, ground* 4 oz. 2.21g
Grapeseed Oil 1 Tbsp. 2.19g
Sorghum* 1 cup 2.17g
Sockeye Salmon* 4 oz. 2.11g
Wild Boar* 4 oz. 1.93g
Scallops* 4 oz. 1.81g
Sesame Seeds 1 Tbsp. 1.68g
Goat* 4 oz. 1.53g
Venison, ground* 4 oz. 1.5g
Caribou* 4 oz. 1.5g
Whole Milk Yogurt 6 oz. 1.5g
Chicken Breast* 4 oz. 1.4g
Oat Bran ½ cup 1.11g
Hemp Seeds 2 Tbsp. 1.08g
Flax Seeds, ground 2 Tbsp. 1g
Chickpeas* 1 cup 0.95g
Smelt* 4 oz. 0.93g
Dover Sole* 4 oz. 0.91g
King Crab* 4 oz. 0.91g
Coconut Oil 1 Tbsp. 0.88g
Quick Oats ½ cup 0.87g
Flounder* 4 oz. 0.76g
Tilapia* 4 oz. 0.71g
Chia Seeds 2 Tbsp. 0.65g
Sea Bass* 4 oz. 0.60g
Wheat Germ ¼ cup 0.39g
Grouper* 4 oz. 0.3g
Lobster* 4 oz. 0.3g
Sorghum Flour ¼ cup 0.28g
Clams* 4 oz. 0.2g
Lentils* 1 cup 0.12g
*cooked

Polyunsaturated Fats

Polyunsaturated Fats are fat molecules with two or more unsaturated carbon bonds in the molecule. Polyunsaturated fats come in the form of Omega 3 and Omega 6.

Omega-3

Alpha linoleic acid (ALA), Eicosatetraenoic acid (EPA) and Docosahexaenoic acid (DHA).

Omega-3 fatty acids are critical polyunsaturated fats that reduce inflammation, hydrates the cell membranes, protects the heart, manages cholesterol levels, lowers blood pressure and improves blood sugar levels in the body.

Omega-3 deficiency symptoms: Low Fat diet, veganism, vegetarianism, white bumps on skin, dandruff.

The best sources of Omega-3:

Flax Seeds, ground 2 Tbsp. 7.40g
Flax Seed Oil 1 Tbsp. 7.25g
Chia Seeds 2 Tbsp. 5.05g
Mackerel* 4 oz. 2.72g
Walnuts 1 oz. 2.59g
Anchovies, canned 4 oz. 2.34g
Herring* 4 oz. 2.25g
Sardines, canned 4 oz. 2.17g
Whitefish* 4 oz. 2.06g
Sockeye Salmon* 4 oz. 1.93g
Herring, pickled 4 oz. 1.89g
Bluefin Tuna* 4 oz. 1.88g
Hemp Seeds 2 Tbsp. 1.74g
Canola Oil 1 Tbsp. 1.27g
Swordfish* 4 oz. 1.21g

Caviar 1 Tbsp. 1.04g
Smelt* 4 oz. 1.03g
Rainbow Trout* 4 oz. 1g
Sea Bass* 4 oz. 0.96g
Oysters* 4 oz. 0.81g
Black Walnuts 1 oz. 0.76g
Halibut* 4 oz. 0.75g
Dave’s Killer Bread
Everything Bagels 1 bagel 0.68g
Lamb Tallow 1 oz. 0.65g
Pollock* 4 oz. 0.65g
Lobster* 4 oz. 0.60g
King Crab* 4 oz. 0.52g
Lamb Ribs* 4 oz. 0.52g
Walleye* 4 oz. 0.51g
Dover Sole* 4 oz. 0.50g
Rockfish* 4 oz. 0.42g
Cheddar Cheese 4 oz. 0.41g
Ghee 1 oz. 0.40g
Perch* 4 oz. 0.40g
Turkey Fat 1 oz. 0.40g
Flounder* 4 oz. 0.39g
Cherry Chia Why Bar 1 bar 0.38g
Apple Almond Why Bar 1 bar 0.37g
Blueberry Bliss Why Bar 1 bar 0.37g
Mango Ginger Why Bar 1 bar 0.37g
Zesty Lemon Why Bar 1 bar 0.36g
Lamb, ground* 4 oz. 0.36g
Super Cacao Why Bar 1 bar 0.35g
Choco Peanut Why Bar 1 bar 0.33g
Grouper* 4 oz. 0.30g
Lard 1 oz. 0.28g
Pecans 1 oz. 0.28g
Clams* 4 oz. 0.26g
Scallops* 1 cup 0.24g
Cod* 4 oz. 0.24g
Mustard, ground 1 Tbsp. 0.23g
Fontina Cheese 1 oz. 0.22g
Chicken Breast* 4 oz. 0.21g
Bacon* 4 oz. 0.21g
Shrimp* 4 oz. 0.19g
Turkey, ground* 4 oz. 0.19g
Tilapia* 4 oz. 0.19g
Haddock* 4 oz. 0.19g
Beef Tallow 1 oz. 0.17g
Pike* 4 oz. 0.17g
Mahi Mahi* 4 oz. 0.17g
Spinach* 1 cup 0.16g
Rabbit* 4 oz. 0.15g
Chicken Liver* 4 oz. 0.15g
Wild Rice* 1 cup 0.15g
Eggs* 2 large 0.15g
Scallops* 4 oz. 0.15g
Avocado Oil 1 Tbsp. 0.13g
Catfish* 4 oz. 0.13g
Whole Milk, raw 8 fl. oz. 0.12g
Venison, ground* 4 oz. 0.11g
Duck Eggs* 1 large 0.10g
Caribou* 4 oz. 0.10g
Olive Oil 1 Tbsp. 0.10g
Chicken Thigh* 4 oz. 0.09g
Bison, ground* 4 oz. 0.09g
Beef, ground* 4 oz. 0.09g
Sesame Oil 1 Tbsp. 0.08g
Bear* 4 oz. 0.08g
Ostrich* 4 oz. 0.07g
Pistachios 1 oz. 0.07g
Duck Breast* 4 oz. 0.06g
Cornish Game Hen* 4 oz. 0.06g
Macadamia Nuts 1 oz. 0.05g
Cream Cheese 1 oz. 0.05g
Elk, ground* 4 oz. 0.05g
Quail* 4 oz. 0.05g
Pumpkin Seeds 1 oz. 0.04g
Chicken Breast* 4 oz. 0.04g
Cashews 1 oz. 0.04g
Parmesan 2 Tbsp. 0.04g

Orange Roughy* 4 oz. 0.04g
Pine Nuts 1 oz. 0.03g
Sesame Seeds 1 Tbsp. 0.03g
Sunflower Seeds 1 oz. 0.02g
Avocado 1 medium 0.02g
Sorghum Flour ¼ cup 0.02g
Corn* 1 cup 0.02g
Dark Chocolate 1 oz. 0.01g
Cranberries, dried ¼ cup 0.01g
Cloves, ground 1 tsp. 0.01g
Oregano, dried 1 tsp. 0.01g
Peanut Butter 2 Tbsp. 0.01g
Peanuts* ¼ cup 0.01g
Fage 5% Greek Yogurt 6 oz. 0.01g
*cooked

<u>Omega-6</u>

Omega-6 fatty acids are also known as Polyunsaturated fats and are part of the Essential Fatty Acids. Omega-6 is very helpful for maintaining overall health, slows the growth of cancerous tumors, reduces the risk of cardiovascular disease, lowers triglyceride and reduces appetite.

The best sources of Omega-6:

Sesame Oil 1 Tbsp. 11.8g
Walnuts 1 oz. 10.8g
Sunflower Seeds 1 oz. 10.6g
Pine Nuts 1 oz. 9.6g
Black Walnuts 1 oz. 9.5g
Sesame Seeds 1 Tbsp. 7.2g
Pecans 1 oz. 6.1g
Turkey Fat 1 oz. 6g
Pumpkin Seeds 1 oz. 5.86g
Hemp Seeds 2 Tbsp. 5.74g
Chicken Fat 1 oz. 5.5g
Pepperoni 4 oz. 5g
Almond Butter 2 Tbsp. 4.3g
Peanut Oil 1 Tbsp. 4.3g
Peanut Butter 2 Tbsp. 4g
Oats 1 cup 3.9g
Pistachios 1 oz. 3.8g
Duck Meat* 4 oz. 3.7g
Avocado 1 cup 3.6g
Flax Seed Oil 1 Tbsp. 3.6g
Avocado Oil 1 Tbsp. 3.5g
Peanuts* ¼ cup 3.5g
Tahini 1 Tbsp. 3.5g
Almonds 1 oz. 3.4g
Duck Fat 1 oz. 3.4g
Lard 1 oz. 2.9g
Turkey, ground* 4 oz. 2.88g
Olive Oil 1 Tbsp. 2.7g
Hazelnuts 1 oz. 2.4g
Cashews 1 oz. 2.2g
Eggs* 2 large 1.9g
Chicken Thigh* 4 oz. 1.68g
Flax Seeds, ground 2 Tbsp. 1.6g
Chia Seeds 2 Tbsp. 1.6g
Lamb Tallow 1 oz. 1.5g
Brazil Nuts 1 kernel 1g
Beef Tallow 1 oz. 0.88g
Chicken Breast* 4 oz. 0.77g
Bluefin Tuna* 4 oz. 0.76g
Corn* 1 cup 0.68g
Ghee 1 oz. 0.62g
Duck Breast, wild* 4 oz. 0.57g
Cloves, ground 1 tsp. 0.50g
Turkey Breast* 4 oz. 0.49g
Lamb, ground* 4 oz. 0.48g
Bison, ground* 4 oz. 0.47g
Chicken Liver* 4 oz. 0.45g
Venison, ground* 4 oz. 0.44g

Halibut* 4 oz. 0.42g
Rabbit* 4 oz. 0.4g
Sorghum Flour ¼ cup 0.4g
Ostrich* 4 oz. 0.39g
Macadamia Nuts 1 oz. 0.37g
Fage 5% Greek Yogurt 6 oz. 0.36g
Dark Chocolate 1 oz. 0.34g
Whole Milk, raw 8 fl. oz. 0.30g
Rainbow Trout* 4 oz. 0.27g
Cherry Chia Why Bar 1 bar 0.17g
Zesty Lemon Why Bar 1 bar 0.17g
Mango Ginger Why Bar 1 bar 0.17g
Super Cacao Why Bar 1 bar 0.17g
Blueberry Bliss Why Bar 1 bar 0.17g
Apple Almond Why Bar 1 bar 0.17g
Cheddar Cheese 1 oz. 0.15g
Choco Peanut Why Bar 1 bar 0.14g
Elk, ground* 4 oz. 0.14g
Lobster* 4 oz. 0.14g
King Crab* 4 oz. 0.14g
Shrimp* 4 oz. 0.11g
Goat* 4 oz. 0.11g
Pork, lean* 4 oz. 0.11g
Cod* 4 oz. 0.09g
Cranberries, dried ¼ cup 0.06g
Avocado 1 medium 0.03g
Sockeye Salmon* 4 oz. 0.02g
Beef* 4 oz. 0.01g
*cooked

Cholesterol

Cholesterol is a waxy steroid that is used to fight infections, produce bile and disable toxins. Cholesterol heals the body. Our bodies can make up to 3,000mg of cholesterol every day!

The majority of the myelin sheath, the protective layer around the brain, is made from saturated fat and cholesterol! When we consume cholesterol-rich foods, this allows our bodies to make less cholesterol.

Do you enjoy having fun in the bedroom? Great, you can thank cholesterol for your performance. Cholesterol is used to manufacture sex hormones, estrogen and progesterone in women and testosterone in men.

Cholesterol is also used in Vitamin D synthesis when sunlight hits our skin.

Cholesterol is the body's fire department. Fire fighters do not start fires; they put them out. Cholesterol helps to repair inflamed tissue (minor inflammation). It will not clog arteries either. Advanced inflammation can lead to an over-abundance of polyunsaturated fats that lead to the formation of plague in the arteries.

Advanced Inflammation is the real cause of heart disease. Dr. Natasha Campbell-McBride is famous for her words on fats and cholesterol:
"For millennia, possibly for millions of years humankind has prized fatty foods. People travelled long distances to obtain animal fat and considered it "a sacred food". Fatty cuts of meat, fish and shellfish, eggs, cream and butter were reserved for the most important members of the tribe or the family: for their leaders, for the warriors going into battle, for couples who were trying to conceive, for growing children, for wise elders, and for those recovering from an illness.
This ancient wisdom was passed through generations until the last few decades, when the infamous diet-heart hypothesis was born.

At the time it was a tentative idea that maybe heart disease had something to do with dietary fats. As there was no other idea around, the authorities picked it up as a working hypothesis.
A hypothesis is not 'the truth' until science has proven it. More than fifty years have passed since then.

THE SCIENCE HAS SPOKEN: THE DIET-HEART HYPOTHESIS IS FALSE! NATURAL ANIMAL FATS AND CHOLESTEROL-RICH FOODS DO NOT CAUSE HEART DISEASE, THEY HAVE NOTHING TO DO WITH IT; IN FACT, THEY PREVENT IT!"

She points out that disease starts in the gut. What a revelation…

Cholesterol is essential for optimal health. Cholesterol is in every single cell. Cholesterol is crucial for maintaining a strong myelin sheath around our brain. We need cholesterol to grow, for hormones (estrogen, testosterone, etc.) and to help synthesize Vitamin D. You must wonder why there are so many cholesterol-lowering drug commercials on the TV.

Big pharma has been making billions of dollars of blood money profit to lower your cholesterol. Remember, prescription drugs do not "cure" disease, they merely treat the symptoms, until your body breaks down to a fragile state and you just die. No wonder why I avoid all drugs. However, you don't want to have high cholesterol or low cholesterol. You want your cholesterol in a normal range.

The best sources of Cholesterol:

Lamb Liver*	4 oz.	558mg	Calamari*	4 oz.	294mg
Beef Liver*	4 oz.	446mg	Kielbasa*	4 oz.	270mg
Eggs*	2 large	338mg	Shrimp*	4 oz.	239mg

Lobster* 4 oz. 180mg
Pork Chop* 4 oz. 177mg
Duck Breast* 4 oz. 154mg
Chicken Thigh* 4 oz. 151mg
Cornish Game Hen* 4 oz. 147mg
Antelope* 4 oz. 143mg
Rabbit* 4 oz. 138mg
Blue Crab, canned 4 oz. 131mg
Perch* 4 oz. 128mg
Ham* 4 oz. 126mg
Walleye* 4 oz. 125mg
Caribou* 4 oz. 124mg
Bacon* 4 oz. 120mg
Oysters* 4 oz. 113mg
Skirt Steak* 4 oz. 112mg
Bear* 4 oz. 111mg
Lamb, ground* 4 oz. 110mg
Pepperoni 4 oz. 110mg
Lamb Ribs* 4 oz. 110mg
Mahi Mahi* 4 oz. 107mg
Pork Tenderloin* 4 oz. 106mg
Beef Tenderloin* 4 oz. 105mg
Pollock* 4 oz. 103mg
Wild Goose* 4 oz. 103mg
Smelt* 4 oz. 102mg
Pheasant* 4 oz. 101mg
Venison Filet* 4 oz. 99mg
Emu, ground* 4 oz. 99mg
Quail* 4 oz. 98mg
Chicken Breast* 4 oz. 96mg
Beef, ground* 4 oz. 95mg
Ostrich, ground* 4 oz. 94mg
Beef Ribeye* 4 oz. 91mg
Orange Roughy* 4 oz. 91mg
Venison, ground* 4 oz. 91mg
Bison Ribeye* 4 oz. 90mg
Turkey Breast* 4 oz. 90mg
Elk, ground* 4 oz. 88mg
Moose* 4 oz. 88mg
Swordfish* 4 oz. 88mg
Wild Boar* 4 oz. 87mg
Whitefish* 4 oz. 87mg
Mackerel* 4 oz. 85mg
Goat* 4 oz. 84mg
Herring* 4 oz. 83mg
Yellowtail* 4 oz. 81mg
Bison, ground* 4 oz. 81mg
Catfish* 4 oz. 78mg
Dover Sole* 4 oz. 77mg
Haddock* 4 oz. 77mg
Tilapia* 4 oz. 71mg
Turbot* 4 oz. 70mg
Water Buffalo* 4 oz. 69mg
Rockfish* 4 oz. 69mg
Sockeye Salmon* 4 oz. 69mg
Clams* 4 oz. 68mg
Salami 4 oz. 67mg
Rainbow Trout* 4 oz. 67mg
Beefalo* 4 oz. 66mg
Flounder* 4 oz. 65mg
Bratwurst* 4 oz. 62mg
Butter 2 Tbsp. 61mg
King Crab* 4 oz. 60mg
Yak, ground* 4 oz. 60mg
Sea Bass* 4 oz. 59mg
Pike* 4 oz. 56mg
Bluefin Tuna* 4 oz. 55mg
Grouper* 4 oz. 53mg
Monkfish* 4 oz. 36mg
Scallops* 4 oz. 33mg
Fage 5% Greek Yogurt 6 oz. 30mg
Whole Milk, raw 8 fl. oz. 24mg
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 5mg
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 5mg
Parmesan 2 Tbsp. 9mg
*cooked

Carbohydrates

Carbohydrates are the primary energy source for the body. They offer us a protein sparing effect so that we burn the carbs as fuel and protein gets used for muscle protein synthesis, cellular repair, etc. Carbohydrates are compounds made from carbon, hydrogen and oxygen. Carbohydrates are classified as simple (monosaccharides, disaccharides and sugar alcohols) and complex (oligosaccharides, polysaccharides and dietary fiber). Simple carbs break down fast while complex carbs are much slower to metabolize.

Currently, there is no such thing as carbohydrate deficiency since they are not considered "essential." However, carbohydrates provide energy and building blocks (carbon) to synthesize glycogen, fatty acids and amino acids. They do not seem to have a positive effect on exercise performance under 1 hour, but they do improve exercise performance that lasts over 2 hours. With regards to be physically active, the more carbs the better.

I am a fan of carbohydrates. Remember, they are found naturally in fruits and vegetables, not just starchy foods! If you need help breaking out of the Keto Cult, email me, I have ideas. I realize that the members of the Keto Cult will get triggered. It is perfectly acceptable to eat a damn sweet potato on Thanksgiving. Let's try to get a grip on reality. Carbohydrates are a tricky subject. They can be useful if you are an active person.

However, I do not believe in the infinite wisdom of the food pyramid of 300g carbs/day for everyone. It seems rather high. If you have digestive issues, just go gluten-free. Gluten can stick around in the body for up to 6 months. Start with eliminating bread and pasta. Remember, worrying all day long about your health is not healthy. Fruits and vegetables contain carbohydrates. If you are concerned about your carbohydrate consumption, stick to low starchy fruits and vegetables.

The best sources of carbohydrates:

Sorghum*	1 cup 138g	Black Beans*	1 cup 45g
Sweet Potato*	1 cup 58g	Pinto Beans*	1 cup 44g
Brown Rice*	1 cup 52g	Barley*	1 cup 44g
Dave's Killer Bread		Coconut, shredded	1 cup 44g
Everything Bagels	1 bagel 46g	Lentils*	1 cup 40g
White Rice*	1 cup 45g	Kidney Beans*	1 cup 40g
Chickpeas*	1 cup 45g	Egg Noodles*	1 cup 40g

Quinoa* 1 cup 39g
Spaghetti* 1 cup 38g
Grape Juice 8 fl. oz. 37g
Grits* 1 cup 36g
Passion Fruit Juice*** 8 fl. oz. 36g
Cinnamon Ezekiel Bread 2 slices 36g
Medjool Dates 2 dates 36g
Wild Rice* 1 cup 35g
Tart Cherry Juice 8 fl. oz. 35g
Passion Fruit Juice** 8 fl. oz. 34g
Cranberries, dried ¼ cup 33g
Pomegranate Juice 8 fl. oz. 33g
Super Cacao Why Bar 1 bar 33g
Choco Peanut Why Bar 1 bar 33g
Apple Almond Why Bar 1 bar 33g
Blueberry Bliss Why Bar 1 bar 33g
Mango Ginger Why Bar 1 bar 33g
Cherry Chia Why Bar 1 bar 33g
Zesty Lemon Why Bar 1 bar 32g
Seven Sundays Cinnamon Toast Cereal ¾ cup 32g
Whole Wheat Bread 2 slices 32g
Seven Sundays Cocoa Crunch Cereal ¾ cup 31g
Potatoes, boiled 1 cup 31g
Apples 1 large 31g
Oat Bran ½ cup 31g
Cranberry Juice 8 fl. oz. 31g
Seven Sundays Honey Almond Cereal ¾ cup 30g
Apple Juice 8 fl. oz. 28g
Banana 1 medium 27g
Pears 1 medium 27g
Quick Oats ½ cup 27g
Corn* 1 cup 27g
Grapes 1 cup 27g
Potatoes, baked 1 cup 26g
Tangerines 1 cup 26g
Grapefruit 1 fruit 26g
Mango 1 cup 25g
Kiwi 1 cup 25g
Chocolate Ka'Chava 2 scoops 25g
Vanilla Ka'Chava 2 scoops 24g
Green Peas* 1 cup 24g
Sorghum Flour ¼ cup 23g
Raisins 1 oz. 22g
Pineapple 1 cup 22g
Whole Wheat Flour ¼ cup 22g
Acai Ka'Chava 2 scoops 21g
Blueberries 1 cup 21g
Valencia Oranges 1 cup 21g
Navel Oranges 1 cup 21g
Coconut Water 16 fl. oz. 19g
Tart Cherries, raw 1 cup 19g
Plums 1 cup 19g
Prunes 1 oz. 18g
Avocado 1 medium 17g
Beets* 1 cup 17g
Raw Honey 1 Tbsp. 17g
Manuka Honey 1 Tbsp. 16g
Apricots 1 cup 17g
Simply Nature Sprouted Whole Wheat Bread 1 slice 16g
Papaya 1 cup 16g
Peaches 1 cup 15g
Wheat Germ ¼ cup 15g
Molasses 1 Tbsp. 15g
Raspberries 1 cup 15g
Honeydew 1 cup 15g
Blackberries 1 cup 14g
Nectarines 1 cup 14g
Cantaloupe 1 cup 13g
Green Beans* 1 cup 13g
Carrots* 1 cup 13g
Carrots, raw 1 cup 12g
Hummus ¼ cup 12g

Watermelon 1 cup 12g
Strawberries 1 cup 12g
Chia Seeds 2 Tbsp. 12g
Whole Milk, raw 8 fl. oz. 12g
Yellow Bell Peppers 1 large pepper 12g
Red Bell Peppers 1 large pepper 11g
Broccoli* 1 cup 11g
Red Cabbage* 1 cup 10g
Marinara Sauce ½ cup 10g
Pumpkin, canned ½ cup 10g
Wheat Bran ¼ cup 9g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 9g
Maple Syrup 1 Tbsp. 9g
Cashews 1 oz. 9g
Savoy Cabbage* 1 cup 7g
Sunflower Seeds 1 oz. 7g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 7g
Peanut Butter 2 Tbsp. 7g
Peanuts* ¼ cup 7g
Tomatoes, raw 1 cup 7g
Almond Butter 2 Tbsp. 6g
Almonds 1 oz. 6g
Red Cabbage, raw 1 cup 6g
Hazelnuts 1 oz. 5g
Cauliflower* 1 cup 5g
Fage 5% Greek Yogurt 6 oz. 5g
Lime Juice 2 fl. oz. 5g
Romaine Lettuce 3 cups 4.6g
Savoy Cabbage, raw 1 cup 4g
Bee Pollen 1 Tbsp. 4g
Flax Seeds, ground 2 Tbsp. 4g
Walnuts 1 oz. 4g
Pecans 1 oz. 4g
Pine Nuts 1 oz. 4g
Pumpkin Seeds 1 oz. 4g
Lemon Juice 2 fl. oz. 4g
Cucumbers 1 cup 4g
Macadamia Nuts 1 oz. 3.8g
Cacao Powder 1 Tbsp. 3g
Tahini 1 Tbsp. 3g
Kimchi 1 cup 3g
Black Walnuts 1 oz. 2.7g
Poppy Seeds 1 Tbsp. 2g
Sesame Seeds 1 Tbsp. 2g
Onion Powder 1 tsp. 2g
Celery 1 large stalk 2g
Cinnamon, ground 1 tsp. 2g
Garlic Powder 1 tsp. 2g
Kalamata Olives 1 oz. 2g
Scallions 1 scallion 1.8g
Hemp Seeds 2 Tbsp. 1.7g
Black Pepper 1 tsp. 1.5g
Watercress 4 oz. 1.5g
Ginger, ground 1 tsp. 1g
Cloves, ground 1 tsp. 1g
Curry Powder 1 tsp. 1g
Paprika 1 tsp. 1g
Garlic, raw 1 clove 1g
Cayenne Pepper 1 tsp. 1g
Brazil Nuts 1 kernel 1g
*cooked,**purple,***yellow

Fiber

Fiber comes from polysaccharides, soluble and insoluble fiber. Insoluble means that it will not be broken down by our digestive system. As a result, insoluble fiber hits the large intestine to help bulk up (soften) our stool. Soluble fiber, sugar and nutrients are broken down (digested) and absorbed in the small intestine. Soluble fiber is also known as a prebiotic. Soluble and

insoluble fiber comes from a wide range of fruits and vegetables. For many people, fiber seems to be beneficial. For carnivores, fiber may not be necessary for their digestive tract. They claim that there is a fiber fantasy in the minds of men. Only time will tell. Maybe they are magicians.

Fiber deficiency symptoms:
Gluten-free diet, Ketogenic diet, Atkins diet, South Beach diet, hard stool.

The best sources of fiber:

Navy Beans*	1 cup	19g	Valencia Oranges	1 cup	4.5g
Pinto Beans*	1 cup	15g	Quick Oats	½ cup	4.2g
Black Beans*	1 cup	15g	Acai Ka'Chava	2 scoops	4g
Lentils*	1 cup	15g	Cinnamon Ezekiel Bread	2 slices	4g
Kidney Beans*	1 cup	14g	Flax Seeds	2 Tbsp.	4g
Avocado	1 medium	13g	Cherry Chia Why Bar	1 bar	4g
Sorghum*	1 cup	13g	Mango Ginger Why Bar	1 bar	4g
Chickpeas*	1 cup	12g	Blueberry Bliss Why Bar	1 bar	4g
Great Northern Beans*	1 cup	12g	Apple Almond Why Bar	1 bar	4g
Black-Eyed Peas*	1 cup	11g	Choco Peanut Why Bar	1 bar	4g
Chia Seeds	2 Tbsp.	9.8g	Super Cacao Why Bar	1 bar	4g
Sweet Potato*	1 cup	8g	Zesty Lemon Why Bar	1 bar	4g
Raspberries	1 cup	8g	Cauliflower*	1 cup	4g
Green Peas*	1 cup	8g	Grapefruit	1 fruit	4g
Oat Bran	½ cup	7.2g	Carrots*	1 cup	4g
Blackberries	1 cup	7g	Collard Greens*	1 cup	4g
Chocolate Ka'Chava	2 scoops	7g	Whole Wheat Bread	2 slices	4g
Wheat Bran	¼ cup	6.2g	Spinach*	1 cup	4g
Vanilla Ka'Chava	2 scoops	6g	Savoy Cabbage*	1 cup	4g
Barley*	1 cup	6g	Red Cabbage*	1 cup	4g
Wild Blueberries	1 cup	6g	Green Beans*	1 cup	4g
Pears	1 medium	5.5g	Wheat Germ	¼ cup	3.8g
Kiwi	1 cup	5.4g	Flax Seeds, ground	2 Tbsp.	3.8g
Popcorn	3 cups	5g	Pumpkin, canned	½ cup	3.6g
Dave's Killer Bread Everything Bagels	1 bagel	5g	Carrots, raw	1 cup	3.6g
Butternut Squash*	1 cup	5g	Navel Oranges	1 cup	3.6g
Green Beans*	1 cup	5g	Blueberries	1 cup	3.6g
Apples	1 large	5g	Almonds	1 oz.	3.5g
Yams*	1 cup	5g	Tangerines	1 cup	3.5g
Broccoli*	1 cup	5g	Red Bell Peppers	1 large pepper	3.4g
Grapefruit	1 fruit	5g			

Beets* 1 cup 3.4g
Almond Butter 2 Tbsp. 3.3g
Brown Rice* 1 cup 3.2g
Medjool Dates 2 dates 3.2g
Whole Wheat Flour ¼ cup 3.2g
Simply Nature Sprouted Whole Wheat Bread 1 slice 3g
Seven Sundays Cocoa Crunch Cereal ¾ cup 3g
Corn* 1 cup 3g
Romaine Lettuce 3 cups 3g
Blueberries 1 cup 3g
Tangerines 1 cup 3g
Mandarin Oranges 1 cup 3g
Mushrooms* 1 cup 3g
Banana 1 medium 3g
Sunflower Seeds 1 oz. 3g
Peanuts* ¼ cup 3g
Barley* ½ cup 3g
Strawberries 1 cup 3g
Maca Powder 1 Tbsp. 3g
Potatoes, boiled 1 cup 2.8g
Pecans 1 oz. 2.7g
Mango 1 cup 2.6g
Papaya 1 cup 2.5g
Tart Cherries, raw 1 cup 2.5g
Kimchi 1 cup 2.4g
Hummus ¼ cup 2.4g
Peaches 1 cup 2.3g
Macadamia Nuts 1 oz. 2.3g
Pineapple 1 cup 2.3g
Red Cabbage, raw 1 cup 2.2g
Seven Sundays Cinnamon Toast Cereal ¾ cup 2g
Seven Sundays Honey Almond Cereal ¾ cup 2g
Sorghum Flour ¼ cup 2g
Tomatoes, raw 1 cup 2g
Cacao Powder 1 Tbsp. 2g
Kalamata Olives 1 oz. 2g
Red Cabbage, raw 1 cup 2g
Cranberries, dried ¼ cup 2g
Grits* 1 cup 2g
Marinara Sauce ½ cup 2g
Walnuts 1 oz. 2g
Black Walnuts 1 oz. 2g
Potatoes, baked 1 cup 1.8g
Yellow Bell Peppers 1 large pepper 1.7g
Pumpkin Seeds 1 oz. 1.7g
Peanut Butter 2 Tbsp. 1.6g
Cantaloupe 1 cup 1.4g
Grapes 1 cup 1.4g
Tahini 1 Tbsp. 1.4g
Cinnamon 1 tsp. 1.4g
Curry Powder 1 tsp. 1g
Sesame Seeds 1 Tbsp. 1g
Cashews 1 oz. 1g
Celery 1 large stalk 1g
Paprika 1 tsp. 0.8g
Hemp Seeds 2 Tbsp. 0.8g
Scallions 1 scallion 0.7g
Cloves, ground 1 tsp. 0.7g
Black Pepper 1 tsp. 0.6g
Watercress 4 oz. 0.6g
Watermelon 1 cup 0.6g
Cayenne Pepper 1 tsp. 0.5g
Cucumbers 1 cup 0.5g
Rosemary, dried 1 tsp. 0.5g
Oregano, dried 1 tsp. 0.4g
Onion Powder 1 tsp. 0.4g
Thyme, dried 1 tsp. 0.4g
Basil, dried 1 tsp. 0.3g
Ginger, ground 1 tsp. 0.3g
Sage, ground 1 tsp. 0.3g
Garlic Powder 1 tsp. 0.3g
Lime Juice 2 fl. oz. 0.3g
Pomegranate Juice 8 fl. oz. 0.3g
Lemon Juice 2 fl. oz. 0.2g
Garlic, raw 1 clove 0.1g
Parsley, raw 1 tsp. 0.1g
Parsley, dried 1 tsp. 0.1g
Chives, raw 1 Tbsp. 0.1g
Chives, dried 1 Tbsp. 0.1g

Thyme, raw 1 tsp. 0.1g
Basil, raw 1 tsp. 0.1g

Sugar

Smoothie King The Hulk Strawberry Smoothie (large) 262g
Smoothie King The Hulk Vanilla Smoothie (large) 200g
Smoothie King The Hulk Strawberry Smoothie (medium) 196g
Dutch Bros Peach Smoothie (large) 196g
Dutch Bros Caramel Pumpkin Brulee Shake (large) 190g
Smoothie King Watermelon Lemonade (large) 180g
Smoothie King The Hulk Espresso Smoothie (large) 179g
Smoothie King The Hulk Chocolate Smoothie (large) 179g

Smoothie King The Hulk Coffee Smoothie (large) 179g
Smoothie King Lemon Twist Strawberry Smoothie (large) 176g
Dutch Bros Caramel Apple Rebel (large) 176g
Dairy Queen Coconana Berry Smoothie (extra-large) 176g
Dutch Bros Ninja Shake (large) 173g
Dutch Bros Cotton Candy Shake (large) 172g
Smoothie King Passion Passport Smoothie (large) 170g

*cooked

Dutch Bros Mango Smoothie (large) 170g
Smoothie King Blueberry Lemonade (large) 169g
Sonic Lemonade Cream Cooler (32 fl. oz.) 169g
Dutch Bros Green Apple Smoothie (large) 168g
Smoothie King Caribbean Way Smoothie (large) 167g
The Cheesecake Factory Linda's Fudge Cake (1 slice) 165g
Smoothie King Pineapple Surf Smoothie (large) 165g
Sonic Oreo Cheesecake Shake (large) 162g
Sonic Oreo Chocolate Shake (large) 162g
Smoothie King Raspberry Lemonade (large) 159g
Dairy Queen M & M's Chocolate Candy Blizzard (large) 159g
Dairy Queen Strawberry Mango Rush Julius (large) 159g
Sonic Strawberry Cheesecake Shake (large) 158g
Sonic Lemonade Slush (extra-large) 157g
Sonic Limeade Slush (extra-large) 157g
Sonic Hot Fudge Shake (large) 156g
McDonald's Southern Style Frozen Strawberry Lemonade (extra-large) 155g
Cold Stone Creamery Milk & Oreo Cookies Shake (20 fl. oz.) 154g
Dutch Bros Poppin' Boba Berry Lemonade (large) 154g

Dairy Queen Salted Caramel Truffle Blizzard (large) 154g
Dairy Queen Oreo Fudge Brownie Blizzard (large) 153g
Smoothie King Lemon Twist Banana Smoothie (large) 152g
Dairy Queen Chocolate Chip Cookie Dough Blizzard (large) 151g
Smoothie King Strawberry Kiwi Breeze (large) 151g
Smoothie King The Hulk Vanilla Smoothie (medium) 150g
Baskin Robbins Mango Smoothie (large) 150g
Baskin Robbins Mixed Berry Smoothie (large) 150g
Dairy Queen Reese's Pieces Cookie Dough Blizzard (large) 150g
Dairy Queen Royal Reese's Fluffernutter Blizzard (large) 149g
Dairy Queen Triple Berry Smoothie (extra-large) 149g
Dairy Queen Heath Blizzard (large) 148g
Sonic Oreo Peanut Butter Shake (large) 148g
Sonic Banana Shake (large) 146g
Dutch Bros Peach Lemonade (large) 146g
Baskin Robbins Mangonada (large) 145g
Smoothie King Kindness In A Cup Smoothie (large) 145g
Dutch Bros Tropical Lemonade (large) 145g
Dutch Bros Strawberry Lemonade (large) 145g
Baskin Robbins Freeze (large) 145g
Dutch Bros Cookie Butter Freeze (large) 144g
Dutch Bros Electric Berry Lemonade (large) 144g
Dairy Queen Strawberry Watermelon Smoothie (extra-large) 143g
The Cheesecake Factory Chocolate Tower Truffle Cake (1 slice) 143g
Sonic Red Velvet Cake Batter Shake (32 fl. oz.) 143g
Sonic Chocolate Shake (large) 142g
Sonic Cheesecake Shake (large) 142g
Dairy Queen Choco Brownie Extreme Blizzard (large) 142g
Dairy Queen Mint Oreo Blizzard (large) 141g
Dairy Queen Royal New York Cheesecake Blizzard with Strawberry (large) 141g

Smoothie King Muscle Punch Smoothie (large) 141g
Smoothie King Angel Food Smoothie (large) 141g
Dutch Bros Picture Perfect Freeze (large) 141g
Sonic Caramel Shake (large) 140g
Sonic Strawberry Shake (large) 140g
Dairy Queen Caramel Java Chip Blizzard (large) 140g
Dairy Queen Snickers Blizzard (large) 139g
McDonald's Southern Style Frozen Lemonade (extra-large) 139g
The Cheesecake Factory Warm Apple Crisp (1 serving) 139g

Dutch Bros Strawberry Smoothie (large) 138g
Cold Stone Creamery Oh Fudge Shake (20 fl. oz) 138g
Dairy Queen Strawberry Mango Rush Smoothie (extra-large) 138g
The Cheesecake Factory Cinnamon Roll Pancakes 137g
Smoothie King Passion Passport Smoothie (medium) 137g
Cold Stone Creamery Cake Batter Shake (20 fl. oz.) 136g
Dairy Queen Triple Berry Julius (large) 136g
Smoothie King Strawberry X-treme Smoothie (large) 136g
Dutch Bros Golden Eagle Freeze (large) 136g
Dairy Queen French Silk Pie Blizzard (large) 134g
The Cheesecake Factory Godiva Chocolate Brownie Sundae (2 servings) 134g
The Cheesecake Factory Oreo Milkshake (large) 134g
Smoothie King X-treme Watermelon Smoothie (large) 133g
Smoothie King Banana Boat Smoothie (large) 132g
Smoothie King Mango Fest Smoothie (large) 132g
Baskin Robbins Float (large) 131g
Sonic All Natural Lemonade (extra-large) 131g
Smoothie King Lemon Twist Smoothie (medium) 131g
Smoothie King The Hulk Chocolate Smoothie (medium) 131g
Smoothie King The Hulk Coffee Smoothie (medium) 131g
Surf City Squeeze Strawberry Pineapple Smoothie (large) 131g
Dairy Queen Strawberry Banana Smoothie (large) 131g
The Cheesecake Factory Strawberry Milkshake (large) 131g
Dairy Queen Mango Pineapple Smoothie (extra-large) 130g
Dairy Queen Strawberry Banana Julius (large) 129g
Smoothie King Orange X-treme Smoothie (medium) 129g
Cold Stone Creamery Reese’s Dream Shake (20 fl. oz.) 129g
Red Robin Mountain High Mudd Pie 129g
Dairy Queen Chocolate Shake (large) 128g
Red Robin Chocolate Milk Shake (large) 128g
Sonic Peanut Butter Shake (large) 128g
Smoothie King Pure Recharge Mango Strawberry Smoothie (large) 127g
Cold Stone Creamery Very Vanilla Shake (20 fl. oz.) 126g
Red Robin Freckled Lemonade Cake 126g
Red Robin Oreo Cookie Magic Milk Shake (large) 126g
Smoothie King Pure Recharge Pineapple Smoothie (large) 126g
Smoothie King Caribbean Way Smoothie (medium) 125g
Dutch Bros 911 Freeze (large) 124g
Dairy Queen Caramel Shake (large) 124g

Smoothie King Peanut Power Plus Strawberry Smoothie (large) 124g
Baskin Robbins Turtle Cappuccino Blast (large) 124g
Baskin Robbins Strawberry Smoothie (large) 124g
Planet Smoothie Grape Ape Smoothie (medium) 124g
Smoothie King Pineapple Surf Smoothie (medium) 123g
McDonald's Strawberry McCafe Shake (large) 123g
The Cheesecake Factory Chocolate Milkshake (large) 123g
Smoothie King Veggie Lemon Ginger Spinach Smoothie (large) 122g
Surf City Squeeze Peach Mango Smoothie (large) 122g
Burger King Hi-C Fruit Punch (large) 122g
Baskin Robbins Caramel Cappuccino Blast (large) 122g
The Cheesecake Factory Oreo Dream Extreme Cheesecake (1 slice) 122g
Dairy Queen Oreo Cookie Blizzard (large) 121g
The Cheesecake Factory Lemon Ricotta Pancakes 121g
Tropical Smoothie Café Pomegranate Plunge Smoothie 121g
The Cheesecake Factory Reese's Cheesecake (1 slice) 121g
The Cheesecake Factory Cinnabon Cinnamon Swirl Cheesecake (1 slice) 120g
Krispy Kreme Blended Lemonade Chiller (20 fl. oz.) 120g
McDonald's Chocolate McCafe Shake (large) 120g
Surf City Squeeze Pineapple Mango Smoothie (large) 119g
Dairy Queen Butterfinger Blizzard (large) 119g
Red Robin Vanilla Milk Shake (large) 119g
The Cheesecake Factory Vanilla Milkshake (large) 117g
Red Robin Strawberry Milk Shake (large) 116g
The Cheesecake Factory Carrot Cake (1 slice) 116g
Smoothie King Strawberry Kiwi Breeze Smoothie (medium) 116g
Cold Stone Creamery Savory Strawberry Shake (20 fl. oz.) 115g
McDonald's Shamrock McCafe Shake (large) 115g
Smoothie King Lemon Twist Banana Smoothie (medium) 113g
Tropical Smoothie Café Blimey Limey Smoothie 113g
Krispy Kreme Blended Strawberry Chiller (20 fl. oz.) 113g
Dairy Queen Caramel Moo Latte (large) 113g
Dairy Queen Hot Fudge Shake (large) 112g
Dairy Queen Vanilla Shake (large) 112g
Tropical Smoothie Café Kid's Lil' Lime Berry Smoothie 112g
Burger King Hi-C Pink Lemonade (large) 112g
Smoothie King Immune Builder Mixed Berry Smoothie (large) 111g

Surf City Squeeze Chocolate Covered Strawberry Smoothie (large) 111g
Smoothie King Banana Boat Smoothie (medium) 110g
Smoothie King Veggie Apple Kiwi Kale Smoothie (large) 110g
The Cheesecake Factory Cookie Dough Lover's Cheesecake (1 slice) 110g
Tropical Smoothie Café Bahama Mama Smoothie 110g
Tropical Smoothie Café Beach Bum Smoothie 109g
Planet Smoothie Mango Passion Smoothie (medium) 109g
Dairy Queen Vanilla Moo Latte (large) 109g
The Cheesecake Factory Hershey's Chocolate Bar Cheesecake (1 slice) 109g
Tropical Smoothie Café Peanut Butter Cup Smoothie 108g
Tropical Smoothie Café Lean Machine Smoothie 107g
Smoothie King Berry Punch Smoothie (large) 106g
Surf City Squeeze Pineapple Strawberry Spinach Smoothie (large) 106g
Dairy Queen Mocha Moo Latte (large) 106g
McDonald's Oreo Frappe (large) 106g
Tropical Smoothie Café Kid's Awesome Chocolate Smoothie 105g
Robek's Especial Acai Bowl 105g
Cold Stone Creamery Mango Pineapple Smoothie (20 fl. oz.) 105g
Baskin Robbins Oreo & Cookies Cappuccino Blast (large) 105g
Smoothie King Angel Food Smoothie (medium) 105g
Smoothie King Muscle Punch Smoothie (medium) 105g
Surf City Squeeze Mocha Java Smoothie (large) 105g
McDonald's Frozen Strawberry Lemonade (extra-large) 105g
The Cheesecake Factory Ultimate Red Velvet Cake Cheesecake (1 slice) 104g
Jamba Juice Peanut Butter Moo'd Smoothie (medium) 103g
Smoothie King Island Impact Smoothie (large) 103g
Tropical Smoothie Café Mocha Madness Smoothie 103g
Tropical Smoothie Café Acai Berry Boost Smoothie 102g
Krispy Kreme Frozen Vanilla Latte (20 fl. oz.) 102g
McDonald's Southern Style Iced Strawberry Lemonade (extra-large) 102g
McDonald's Vanilla McCafe Shake (large) 101g
Smoothie King Banana Berry Treat Smoothie (large) 101g
Smoothie King Strawberry X-treme Smoothie (medium) 101g
Burger King Minute Maid Lemonade (large) 101g
Tropical Smoothie Café Avocolada Smoothie 100g
Krispy Kreme Frozen Caramel Mocha Latte (20 fl. oz.) 100g
Krispy Kreme Frozen Mocha Latte (20 fl. oz) 100g
Red Robin Gooey Chocolate Brownie Cake 99g

Smoothie King Mango Fest Smoothie (medium) 99g
Smoothie King Vegan Pineapple Spinach Smoothie (large) 99g
Dutch Bros White Chocolate Cocoa (large) 99g
McDonald’s Frappe Chocolate Chip (large) 99g
Planet Smoothie Captain Kid Smoothie (medium) 98g
Smoothie King Tart Cherry X-treme Smoothie (medium) 98g
Smoothie King Espresso D-Lite Mocha Smoothie (large) 97g
Smoothie King Veggie Carrot Kale Dream (large) 97g
Dutch Bros Double Chocolate Cocoa (large) 97g
Arby’s Chocolate Shake (large) 96g
Smoothie King Immune Builder Veggie Superfood Smoothie (medium) 96g
Smoothie King Lemon & Ginger Spinach Smoothie (medium) 95g
Smoothie King Daily Warrior Smoothie (large) 95g
Smoothie King Pure Recharge Mango Strawberry Smoothie (medium) 95g
Smoothie King Immune Builder Orange Smoothie (medium) 94g
Smoothie King Pure Recharge Pineapple Smoothie (medium) 94g
Arby’s Jamocha Shake (large) 94g
Planet Smoothie Rio Berry Bliss Smoothie (medium) 94g
Tropical Smoothie Café Kiwi Quencher Smoothie 94g
Sonic Strawberry Cream Slush (16 fl. oz.) 93g
Baskin Robbins Mocha Cappuccino Blast (large) 93g
Tropical Smoothie Café Paradise Point 92g
Smoothie King Daily Warrior Smoothie (medium) 92g
Smoothie King Yogurt D-Lite Smoothie (large) 92g
Krispy Kreme Frozen Caramel Latte (20 fl. oz.) 92g
Burger King Strawberry Shake (large) 92g
Burger King Chocolate Oreo Shake (large) 91g
Jamba Juice White Gummi Smoothie (medium) 91g
Robek’s P-Nut Power Plus Smoothie (medium) 91g
Smoothie King Vegan Mango Kale Smoothie (large) 90g
Krispy Kreme Lemonade Chiller (20 fl. oz) 89g
Smoothie King Peanut Power Plus Strawberry Smoothie (medium) 89g
McDonald’s Caramel Frappe (large) 88g
McDonald’s Mocha Frappe (large) 88g
Tropical Smoothie Café Island Queen Smoothie 88g
Tropical Smoothie Café Sunrise Sunset Smoothie 88g
Robek’s Tropical Mango Acai Bowl 87g
Starbucks Iced Pumpkin Cream Chai (large) 87g
Burger King Classic Oreo Shake (large) 86g
Sonic Blue Coconut Cream Slush (16 fl. oz.) 86g

Smoothie King Island Impact Smoothie (medium) 85g
Smoothie King Immune Builder Mixed Berry Smoothie (medium) 85g
Planet Smoothie Caribbean Citrus Splash Smoothie (medium) 85g
Jamba Juice Watermelon Breeze Smoothie (medium) 85g
Dutch Bros Double Rainbro Soda (large) 85g
Dutch Bros Tropical Soda (large) 85g
Jamba Juice Orange Dream Machine Smoothie (medium) 85g
Burger King Chocolate Shake (large) 84g
Krispy Kreme Strawberry Chiller (20 fl. oz) 84g
Wendy's Salted Caramel Frosty (large) 84g
Smoothie King Veggie Apple Kiwi Kale Smoothie (medium) 83g
Starbucks Caffe Vanilla Frappuccino (large) 83g
Dutch Bros Electric Berry Soda (large) 83g
Planet Smoothie Vinnie Del Rocco Smoothie (medium) 82g
Smoothie King Berry Punch Smoothie (medium) 82g
Smoothie King Banana Berry Treat Smoothie (medium) 82g
Smoothie King Coffee D-Lite Mocha Smoothie (medium) 82g
Smoothie King Peanut Power Plus Smoothie (medium) 82g
Smoothie King Yogurt D-Lite Smoothie (medium) 81g
Tropical Smoothie Café Mango Magic Smoothie 81g
Sonic Rainbow Slush (20 fl. oz.) 81g
Smoothie King Peanut Power Plus Chocolate Smoothie (medium) 80g
Starbucks Peppermint Mocha Frappuccino (large) 80g
Starbucks White Chocolate Mocha Frappuccino (large) 80g
Starbucks Pumpkin Spice Frappuccino (large) 80g
Crush Orange (20 fl. oz.) 80g
Jamba Juice Matcha Green Tea Blast Smoothie (medium) 79g
Starbucks Java Chip Frappuccino (large) 79g
Burger King Vanilla Shake (large) 79g
Planet Smoothie The Last Mango Smoothie (medium) 78g
Starbucks Caramel Ribbon Crunch Frappuccino (large) 78g
Smoothie King Stretch & Flex Tart Cherry Smoothie (medium) 77g
Starbucks Apple Crisp Oat Milk Frappuccino (large) 77g
Mountain Dew (20 fl. oz.) 76g
Jamba Juice Peanut Butter Chocolate Love Smoothie (medium) 75g
Starbucks Mocha Cookie Crumble (large) 75g
Planet Smoothie PBJ Smoothie (medium) 75g
Cinnabon Caramel Pecan Roll 75g
Sonic Blood Orange Cream Slush (16 fl. oz.) 74g
Robek's Nutty Acai Bowl 74g
Starbucks Caramel Brulee Frappuccino (large) 74g

Starbucks Sugar Cookie Almond Milk Frappuccino (large) 74g
Robek’s Mahalo Mango Smoothie (medium) 74g
Smoothie King Veggie Carrot Kale Dream Smoothie (medium) 74g
Smoothie King Vegan Dark Chocolate Banana Smoothie (medium) 74g
Jamba Juice Strawberry Surf Rider Smoothie (medium) 73g
Robek’s Hummingbird Smoothie (medium) 73g
Robek’s Pina Koolada Smoothie (medium) 73g
Planet Smoothie Road Runner Smoothie (medium) 72g
Jamba Juice Razzmatazz Smoothie (medium) 72g
Starbucks Caramel Frappuccino (large) 72g
Panera Bread Agave Lemonade (30 fl. oz.) 72g
Sunkist Orange (20 fl. oz.) 72g
Starbucks Chestnut Praline Frappuccino (large) 72g
Planet Smoothie Amazon Kick Smoothie (medium) 71g
Robek’s Green Bliss Acai Bowl 70g
Rockstar Energy (20 fl. oz.) 70g
Jamba Juice Tropical Caribbean Smoothie (medium) 70g
Planet Smoothie Mediterranean Monster Smoothie (medium) 70g
Planet Smoothie Twig & Berries Smoothie (medium) 70g
Starbucks Caramel Apple Spice Juice (medium) 70g
Planet Smoothie Shag-A-Delic Smoothie (medium) 69g
Planet Smoothie Pineapple Tropi-Kale Twist Smoothie (medium) 69g
Robek’s Strawnana Berry Acai Bowl 69g
Robek’s Tropi-Kale Smoothie (medium) 69g
Smoothie King Greek Yogurt Strawberry Blueberry Smoothie (medium) 69g
Jamba Juice Aloha Pineapple Smoothie (medium) 69g
Jamba Juice Acai Super-Antioxidant Smoothie (medium) 69g
Starbucks White Chocolate Mocha Frappuccino (large) 69g
Smoothie King Blueberry Heaven Smoothie (medium) 68g
Wendy’s Classic Chocolate Frosty (large) 68g
Smoothie King Greek Yogurt Pineapple Mango Smoothie (medium) 68g
Smoothie King Green Tea Tango Smoothie (medium) 68g
Monster Energy (20 fl. oz.) 68g
Jamba Juice Strawberries Wild Smoothie (medium) 67g
Smoothie King Vegan Mango Kale Smoothie (medium) 67g
Robek’s Passionfruit Cove Smoothie (medium) 67g
Starbucks Mocha Frappuccino (large) 67g
Planet Smoothie Fiji Island Breeze Smoothie (medium) 66g
Minute Maid Lemonade (20 fl. oz.) 66g
Robek’s Raspberry Romance Smoothie (medium) 66g

Robek’s Muscle Max Smoothie (medium) 66g
Starbucks Iced Apple Crisp Non-dairy Cream Chai (large) 65g
Coca-Cola (20 fl. oz.) 65g
Robek’s Polar Pineapple Smoothie (medium) 65g
Robek’s 800-lb Gorilla Smoothie (medium) 65g
Robek’s Big Wednesday Smoothie (medium) 64g
Starbucks Iced Gingerbread Oat Milk Chai (large) 64g
Robek’s Nuts About Protein Smoothie (medium) 64g
Pepsi-Cola (20 fl. oz.) 64g
Sprite (20 fl. oz.) 64g
Starbucks Vanilla Frappuccino (medium) 63g
Red Bull (20 fl. oz.) 63g
7 UP (20 fl. oz.) 62.5g
Dr. Pepper (20 fl. oz.) 62g
Vernor’s (20 fl. oz.) 62g
Planet Smoothie Strawberry Colada Smoothie (medium) 62g
Smoothie King Vegan Pineapple Spinach Smoothie (medium) 62g
Starbucks Blended Strawberry Lemonade (large) 62g
Starbucks Iced Chai Latte (large) 61g
Smoothie King The Activator Recovery Pineapple Smoothie (medium) 61g
Jamba Juice Soy Protein Berry Workout Smoothie (medium) 61g
Robek’s Awesome Acai Smoothie (medium) 61g
Robek’s Berry Brilliance Smoothie (medium) 61g
Starbucks Matcha Crème Frappuccino (medium) 61g
Smoothie King Coffee D-Lite Vanilla Smoothie (medium) 60g
Planet Smoothie Leapin’ Lizard Smoothie (medium) 60g
Starbucks Caramel Ribbon Crunch Frappuccino (medium) 60g
Jamba Juice Orange-C Booster Smoothie (medium) 59g
Smoothie King Stretch & Flex Pineapple & Kale Smoothie (medium) 59g
Faygo Red Pop (20 fl. oz.) 59g
Starbucks Java Chip Frappuccino (medium) 59g
Robek’s Acai Energizer Smoothie (medium) 59g
Starbucks Coffee Frappuccino (large) 59g
Cinnabon Classic Roll 58g
Jamba Juice Apple ‘n Greens Smoothie (medium) 58g
Planet Smoothie Dragon Fruit Lemon Splash Smoothie (medium) 57g
Robek’s Age Buster Smoothie (medium) 57g
Starbucks Espresso Frappuccino (large) 56g
Smoothie King Coffee High Protein Vanilla Smoothie (medium) 56g
Smoothie King Coffee High Protein Almond Mocha Smoothie (medium) 56g
Smoothie King Original High Protein Chocolate Smoothie (medium) 56g
Smoothie King Metabolism Boost Mango Ginger Smoothie (medium) 56g
Robek’s Hero’s Garden Smoothie (medium) 56g

Robek’s Queen of All Greens Smoothie (medium) 56g
Panera Bread Kitchen Sink Cookie 56g
Jamba Juice Whey Protein Berry Workout Smoothie (medium) 55g
Starbucks Mocha Cookie Crumble Frappuccino (medium) 55g
Smoothie King Metabolism Boost Strawberry Pineapple Smoothie (medium) 55g
Smoothie King Original High Protein Lemon Smoothie (medium) 55g
Robek’s Emperor Acai Smoothie (medium) 55g
Robek’s Mango Turmeric Madness Smoothie (medium) 54g
Starbucks Caramel Frappuccino (medium) 54g
Smoothie King The Activator Recovery Pineapple Spinach Smoothie (medium) 54g
Smoothie King Pure Recharge Strawberry Smoothie (medium) 54g
Smoothie King Vegan Mixed Berry Smoothie (medium) 54g
Jamba Juice Peanut Butter + Banana Protein Smoothie (medium) 53g
Robek’s South Pacific Squeeze Smoothie (medium) 53g
Robek’s Berry Beneficial Smoothie (medium) 52g
Starbucks Vanilla Bean Crème Frappuccino (medium) 52g
Smoothie King Metabolism Boost Banana Passionfruit Smoothie (medium) 51g
Starbucks Mocha Frappuccino (medium) 51g
Starbucks White Chocolate Frappuccino (medium) 51g
Starbucks Strawberry Crème Frappuccino (medium) 51g
Jamba Juice The Go Getter Smoothie (medium) 51g
Panera Bread Chocolate Brownie 50g
Panera Bread Cinnamon Roll 48g
Starbucks Double Chocolate Chip Crème Frappuccino (medium) 47g
Sierra Mist (20 fl. oz.) 47g
Starbucks Chocolate Cookie Crumble Crème Frappuccino (medium) 46g
Starbucks Chai Crème Frappuccino (medium) 45g
Starbucks Strawberry Lemonade (medium) 45g
Starbucks Coffee Frappuccino (medium) 45g
Starbucks White Chocolate Crème Frappuccino (medium) 43g
Starbucks Espresso Frappuccino (medium) 42g
Hawaiian Punch 20 fl. oz. 41g
Grape Juice 8 fl. oz. 35g
Passion Fruit Juice, yellow 8 fl. oz. 35g
Three Musketeers Bar 1 bar 34g
Passion Fruit Juice, purple 8 fl. oz. 33g
Cherry Juice 8 fl. oz. 33g
Pomegranate Juice 8 fl. oz. 32g
Panera Bread Cinnamon Crunch Bagel 32g
Milky Way Bar 1 bar 32g
Baby Ruth Bar 1 bar 32g
Medjool Dates 2 dates 32g
Tart Cherry Juice 8 fl. oz. 31g

Cranberry Juice 8 fl. oz. 31g
Snickers Bar 1 bar 29g
Cranberries, dried ¼ cup 29g
Twix Bar 1 bar 28g
Butterfinger Bar 1 bar 28g
Oh Henry Bar 1 bar 26g
Currants, dried ¼ cup 25g
Hershey Bar 1 bar 25g
Nestle Crunch Bar 1 bar 24g
Almond Joy 1 bar 24g
Apple Juice 8 fl. oz. 23g
Pomegranates 1 cup 23g
Grapes 1 cup 23g
Pineapple Juice 8 fl. oz. 23g
Mango 1 cup 22g
Pay Day Bar 1 bar 22g
100 Grand Bar 1 bar 22g
Clif Bar 1 bar 22g
Grapefruit Juice 8 fl. oz. 22g
Persimmon 1 fruit 21g
Reese Cup 2 cups 21g
Kit Kat Bar 1 bar 20g
Orange Juice 8 fl. oz. 20g
Tangerines 1 cup 20g
Sweet Potato* 1 cup 19g
Coconut Water 16 fl. oz. 18g
Sweet Cherries, raw 1 cup 18g
Grapefruit 1 fruit 17g
Pears 1 medium 17g
Kiwi 1 cup 16g
Pineapple 1 cup 16g
Raw Honey 1 Tbsp. 16g
Manuka Honey 1 Tbsp. 16g
Molasses 1 Tbsp. 15g
Blueberries 1 cup 15g
Banana 1 medium 14g
Valencia Oranges 1 cup 14g
Navel Oranges 1 cup 14g
Beets* 1 cup 14g
Apricots 1 cup 14g
Brown Sugar 1 Tbsp. 13g
Granulated Sugar 1 Tbsp. 12.6g
Peaches 1 cup 13g
Tart Cherries, raw 1 cup 13g
Apples 1 large 13g
Honeydew 1 cup 13g
Cantaloupe 1 cup 13g
Papaya 1 cup 11g
Cinnamon Ezekiel Bread 2 slices 10g
Watermelon 1 cup 9g
Choco Peanut Why Bar 1 bar 9g
Corn* 1 cup 9g
Whole Milk Yogurt 6 oz. 8g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 8g
Maple Syrup 1 Tbsp. 8g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 7g
Seven Sundays Honey Almond Cereal ¾ cup 7g
Super Cacao Why Bar 1 bar 7g
Apple Almond Why Bar 1 bar 7g
Blueberry Bliss Why Bar 1 bar 7g
Cherry Chia Why Bar 1 bar 7g
Mango Ginger Why Bar 1 bar 7g
Strawberries 1 cup 7g
Blackberries 1 cup 7g
Zesty Lemon Why Bar 1 bar 6g
Seven Sundays Cinnamon Toast Cereal ¾ cup 6g
Seven Sundays Cocoa Crunch Cereal ¾ cup 6g
Green Beans* 1 cup 6g
Carrots, raw 1 cup 6g
Carrots* 1 cup 5g
Raspberries 1 cup 5g
Sorghum* 1 cup 5g
Fage Greek Yogurt 6 oz. 5g
Deglet Noor Dates 1 date 4.5g
Pumpkin, canned ½ cup 4g

Tomatoes, raw	1 cup	4g	Lemon Juice	2 fl. oz.	1.5g
Lentils*	1 cup	3.6g	Lime Juice	2 fl. oz.	1g
Romaine Lettuce	3 cups	1.7g	*cooked		

Protein

Protein is an essential nutrient made from amino acids. Athletes may need more protein to build and repair muscles in their post-workout state. To absorb protein, they must be broken down into amino acids. They are the biological building blocks of life. Stomach enzymes (pepsin) and pancreatic enzymes (trypsin and chymotrypsin) work together to deliver proteins to the small intestine (in a pancreatic liquid) to break down into shorter chains of amino acids.

Small intestine enzymes (peptidases) break down the chains further to single amino acids, dipeptides or tripeptides. At this stage, the amino acids can be absorbed at a rate of 1-10 grams/hour. Whey protein is absorbed faster than other proteins. According to the European Food Information Council, around 90% of ingested protein is absorbed.

The best sources of protein:

Rabbit*	4 oz.	37g	Pheasant*	4 oz.	36g
Bear*	4 oz.	37g	Beefalo, ground*	4 oz.	35g
Chicken Breast*	4 oz.	35g	Quail*	4 oz.	28g
Bluefin Tuna*	4 oz.	34g	Whitefish*	4 oz.	28g
Amberjack Fish*	4 oz.	34g	Pollock*	4 oz.	28g
Bison Ribeye*	4 oz.	33g	Duck Breast*	4 oz.	28g
Antelope*	4 oz.	33g	Chicken Thigh*	4 oz.	28g
Turkey*	4 oz.	33g	Grouper*	4 oz.	28g
Moose*	4 oz.	33g	Perch*	4 oz.	28g
Caribou*	4 oz.	32g	Pike*	4 oz.	28g
Emu, ground*	4 oz.	32g	Walleye*	4 oz.	28g
Wild Boar*	4 oz.	32g	Lamb, ground*	4 oz.	28g
Beef Ribeye*	4 oz.	31g	Beef, ground*	4 oz.	27g
Halibut*	4 oz.	30g	Mussels*	4 oz.	27g
Sockeye Salmon*	4 oz.	30g	Mahi Mahi*	4 oz.	27g
Goat*	4 oz.	30g	Swordfish*	4 oz.	27g
Water Buffalo*	4 oz.	30g	Smelt*	4 oz.	26g
Ostrich, ground*	4 oz.	30g	Mackerel*	4 oz.	26g
Bison, ground*	4 oz.	29g	Sea Bass*	4 oz.	26g
Tilapia*	4 oz.	29g	Orange Roughy*	4 oz.	26g
Rainbow Trout*	4 oz.	28g	Vanilla Ka’Chava	2 scoops	25g
Wild Goose*	4 oz.	28g			

Chocolate Ka’Chava 2 scoops 25g
Acai Ka’Chava 2 scoops 25g
Herring* 4 oz. 25g
Elk, ground* 4 oz. 25g
Venison, ground* 4 oz. 25g
Cod* 4 oz. 25g
Rockfish* 4 oz. 25g
Cornish Game Hen* 4 oz. 25g
Lamb Chops* 4 oz. 23g
Yak, ground* 4 oz. 23g
Lobster* 4 oz. 23g
Haddock* 4 oz. 23g
Pork Chops* 4 oz. 23g
Shrimp* 4 oz. 23g
Turbot* 4 oz. 23g
Haddock* 4 oz. 23g
Catfish* 4 oz. 22g
King Crab* 4 oz. 22g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 22g
Monkfish* 4 oz. 21g
Dover Sole* 4 oz. 21g
Oysters* 4 oz. 21g
Clams* 4 oz. 20g
Sorghum* 1 cup 20g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 20g
Spirulina Powder 1 oz. 19g
Pinto Beans* 1 cup 19g
Lentils* 1 cup 18g
Flounder* 4 oz. 18g
Chlorella Powder 1 oz. 17g
Scallops* 4 oz. 16g
Kidney Beans* 1 cup 16g
Black Beans* 1 cup 15g
Fage 5% Greek Yogurt 6 oz. 15g
Skyr 5.3 oz. 15g
Chickpeas* 1 cup 15g
Brown Rice* 1 cup 14g
Dave’s Killer Everything Bagels 1 bagel 13g
Eggs* 2 large 12g
Bacon* 1 oz. 10g
Peanuts* ¼ cup 9g
Pumpkin Seeds 1 oz. 8.6g

Oat Bran ½ cup 8g
Quinoa* 1 cup 8g
Pasta* 1 cup 8g
Anchovies, canned 1 oz. 8g
Whole Milk, raw 8 fl. oz. 8g
Green Peas* 1 cup 8g
Cheese 1 oz. 7g
Peanut Butter 2 Tbsp. 7g
Sardines, canned 1 oz. 7g
Choco Peanut Why Bar 1 bar 7g
Quick Oats ½ cup 6.8g
Black Walnuts 1 oz. 6.8g
Almond Butter 2 Tbsp. 6g
Hemp Seeds 2 Tbsp. 6g
Wheat Germ ¼ cup 6g
Whole Milk Yogurt 6 oz. 6g
Cinnamon Ezekiel Bread 2 slices 6g
Wild Rice* 1 cup 6g
Almonds 1 oz. 6g
Pistachios 1 oz. 6g
Sunflower Seeds ¼ cup 6g
Brown Rice* 1 cup 5g
Super Cacao Why Bar 1 bar 5g
Apple Almond Why Bar 1 bar 5g
Blueberry Bliss Why Bar 1 bar 5g
Cherry Chia Why Bar 1 bar 5g
Mango Ginger Why Bar 1 bar 5g
Zesty Lemon Why Bar 1 bar 5g
Poppy Seeds 1 Tbsp. 5g
Pumpkin Seeds 1 oz. 5g
Corn* 1 cup 4.7g
Chia Seeds 2 Tbsp. 4g
Sweet Potatoes* 1 cup 4g

Broccoli* 1 cup 4g
Avocado 1 medium 4g
Cashews 1 oz. 4g
Whole Wheat Flour ¼ cup 4g
Walnuts 1 oz. 4g
Hazelnuts 1 oz. 4g
White Rice* 1 cup 4g
Barley* 1 cup 3.6g
Green Beans* 1 cup 3.4g

Grits* 1 cup 3.3g
Seven Sundays Cocoa Crunch Cereal ¾ cup 3g
Seven Sundays Honey Almond Cereal ¾ cup 3g
Beets* 1 cup 3g
Maca Powder 1 Tbsp. 3g
Simply Nature Sprouted Whole Wheat Bread 1 slice 3g
Barley* 1 cup 3g
Hummus ¼ cup 3g
Potatoes, boiled 1 cup 2.7g
Watercress 4 oz. 2.6g
Savoy Cabbage* 1 cup 2.6g
Flax Seeds, ground 2 Tbsp. 2.6g
Tahini 1 Tbsp. 2.6g
Pecans 1 oz. 2.6g
Sorghum Flour ¼ cup 2.6g
Potatoes, baked 1 cup 2.4g
Wheat Bran ¼ cup 2.3g
Red Cabbage* 1 cup 2.3g
Macadamia Nuts 1 oz. 2.2g
Marinara Sauce ½ cup 2g
Seven Sundays Cinnamon Toast Cereal ¾ cup 2g
Kiwi 1 cup 2g
Red Bell Peppers 1 large pepper 2g
Yellow Bell Peppers 1 large pepper 2g
Grapefruit 1 fruit 2g
Cauliflower* 1 cup 2g
Bee Pollen 1 Tbsp. 2g
Valencia Oranges 1 cup 1.9g
Kimchi 1 cup 1.7g
Romaine Lettuce 3 cups 1.7g
Tart Cherries, raw 1 cup 1.6g
Tangerines 1 cup 1.6g
Tomatoes, raw 1 cup 1.6g
Navel Oranges 1 cup 1.5g
Peaches 1 cup 1.4g
Pumpkin, canned ½ cup 1.4g
Mango 1 cup 1.4g
Grapes 1 cup 1.1g
Cranberry Juice 8 fl. oz. 1g
Sesame Seeds 1 Tbsp. 1g
Cacao Powder 1 Tbsp. 1g
Medjool Dates 2 dates 1g
Watermelon 1 cup 1g
Pears 1 medium 0.7g
Garlic Powder 1 tsp. 0.5g
Scallions 1 scallion 0.5g
Pomegranate Juice 8 fl. oz. 0.4g
*cooked

Amino Acids

Amino acids are the building blocks of life. The essential amino acids come from protein rich foods, and the non-essential can be made inside the body as needed. Amino acids are molecules that link together to form protein. They come in two forms: non-essential and essential.
The body can make the 11 “non-essential amino acids” while you have to get the other 9 “essential amino acids” from food.

Non-Essential Amino Acids

Alanine assists our metabolism, muscles, brain and the central nervous system.

Arginine boosts our immune system and heart health.

Asparagine serves as a diuretic, enhances our nerve and brain function.

Aspartate aids in the production of asparagine, arginine and lysine.

Cysteine is the main amino acid in hair, skin and nails.

Glutamic Acid serves as a neurotransmitter.

Glutamine is converted to glucose for the body at will.

Glycine serves as a neurotransmitter.

Proline boosts metabolism, healthy joints and it is found inside collagen.

Serine is a key part of fat metabolism, muscle growth and supporting our immune system.

Tyrosine helps to integrate thyroid hormones, melanin and epinephrine.

Essential Amino Acids

Histidine

Histidine is used to make hormones and metabolites for proper kidney and stomach health, nerve transmission, and for supporting a strong immune system. Histidine protects the myelin sheath around the brain. This essential amino acid also helps to metabolize copper, iron, zinc and manganese. When people have allergic reactions, histamine elevates, causing an inflammatory response. Histamine is a byproduct of histidine.

Histidine deficiency symptoms: chronic kidney failure, pneumonia, mania, schizophrenia.

The best sources of Histidine:

Pork Chops*	4 oz. 2.22g	Bison, ground*	4 oz. 1.05g
Wild Boar*	4 oz. 1.62g	Venison Filet	4 oz. 1.01g
Antelope*	4 oz. 1.58g	Water Buffalo*	4 oz. 1g
Skirt Steak*	4 oz. 1.46g	Bluefin Tuna*	4 oz. 0.99g
Ham*	4 oz. 1.38g	Yellowtail*	4 oz. 0.99g
Chicken Breast*	4 oz. 1.35g	Beef, ground*	4 oz. 0.97g
Pork Tenderloin*	4 oz. 1.33g	Rainbow Trout*	4 oz. 0.96g
Kielbasa*	4 oz. 1.32g	Bratwurst*	4 oz. 0.92g
Pork Spareribs*	4 oz. 1.31g	Lamb, ground*	4 oz. 0.88g
Beef Tenderloin*	4 oz. 1.31g	Roast Duck*	4 oz. 0.86g
Caribou*	4 oz. 1.27g	Halibut*	4 oz. 0.84g
Cod*	4 oz. 1.21g	Chicken Thigh*	4 oz. 0.83g
Elk, ground*	4 oz. 1.1g	Pollock*	4 oz. 0.83g

Turkey Breast* 4 oz. 0.82g
Grouper* 4 oz. 0.82g
Whitefish* 4 oz. 0.81g
Walleye* 4 oz. 0.81g
Sockeye Salmon* 4 oz. 0.80g
Mackerel* 4 oz. 0.79g
Mahi Mahi* 4 oz. 0.79g
Pepperoni 4 oz. 0.78g
Swordfish* 4 oz. 0.78g
Smelt* 4 oz. 0.75g
Ostrich, ground* 4 oz. 0.74g
Venison, ground* 4 oz. 0.73g
Duck Breast* 4 oz. 0.72g
Emu, ground* 4 oz. 0.70g
Salami 4 oz. 0.69g
Turbot* 4 oz. 0.68g
Lobster* 4 oz. 0.58g
Ricotta ½ cup 0.57g
Rockfish* 4 oz. 0.56g
Orange Roughy* 4 oz. 0.53g
Dover Sole* 4 oz. 0.51g
Lentils* 1 cup 0.5g
Bacon* 1 oz. 0.5g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 0.47g
Sorghum* 1 cup 0.47g
Kidney Beans* 1 cup 0.46g
King Crab* 4 oz. 0.44g
Black Beans* 1 cup 0.42g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 0.4g
Chickpeas* 1 cup 0.4g
Eggs* 2 large 0.29g
Whole Milk, raw 8 fl. oz. 0.23g
Pumpkin Seeds 1 oz. 0.22g
Peanuts* ¼ cup 0.21g
Hemp Seeds 2 Tbsp. 0.19g
Oat Bran ½ cup 0.19g
Black Walnuts 1 oz. 0.19g
Wheat Germ ¼ cup 0.18g
Almond Butter 2 Tbsp. 0.17g
Peanut Butter 2 Tbsp. 0.17g
Quick Oats ½ cup 0.16g
Chia Seeds 2 Tbsp. 0.15g
Almonds 1 oz. 0.15g
Whole Milk Yogurt 6 oz. 0.14g
Brown Rice* 1 cup 0.13g
Whole Wheat Flour ¼ cup 0.10g
Sweet Potato* 1 cup 0.80g
Wheat Bran ¼ cup 0.60g
Sesame Seeds 1 Tbsp. 0.47g
Corn* 1 cup 0.12g
Cashews 1 oz. 0.11g
Walnuts 1 oz. 0.11g
Tangy Tangerine 2.5 1 scoop 0.10g
Hummus ¼ cup 0.08g
Pecans 1 oz. 0.07g
Flax Seeds, ground 2 Tbsp. 0.06g
Macadamia Nuts 1 oz. 0.05g
Sorghum Flour ¼ cup 0.05g
*cooked

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<u>Isoleucine</u>

Isoleucine plays a key role in detoxification, discharging hormones and faster wound healing. Isoleucine is one of the branched chained amino acids, along with leucine and valine, which can boost energy levels and aid in muscle recovery from strenuous exercise. This essential amino acid also helps to even out blood sugar levels by increasing glucose utilization during exercise.

Isoleucine deficiency symptoms: confusion, depression, dizziness, fatigue, headaches, irritability. Isoleucine deficiencies are quite rare, especially if you eat a balanced diet.

The best sources of Isoleucine:

Pork Chops* 4 oz. 2.58g
Cod* 4 oz. 1.89g
Kielbasa* 4 oz. 1.82g
Skirt Steak* 4 oz. 1.79g
Chicken Breast* 4 oz. 1.78g
Duck Breast* 4 oz. 1.68g
Beef Tenderloin* 4 oz. 1.64g
Ham* 4 oz. 1.64g
Pork Tenderloin* 4 oz. 1.57g
Bluefin Tuna* 4 oz. 1.56g
Yellowtail* 4 oz. 1.55g
Wild Boar* 4 oz. 1.55g
Pork Spareribs* 4 oz. 1.54g
Water Buffalo* 4 oz. 1.52g
Rainbow Trout* 4 oz. 1.51g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 1.48g
Venison Filet* 4 oz. 1.45g
Caribou* 4 oz. 1.45g
Sockeye Salmon* 4 oz. 1.44g
Ostrich, ground* 4 oz. 1.40g
Bison, ground* 4 oz. 1.39g
Lamb, ground* 4 oz. 1.35g
Chicken Thigh* 4 oz. 1.32g
Halibut* 4 oz. 1.32g
Beef, ground* 4 oz. 1.32g
Pollock* 4 oz. 1.30g
Grouper* 4 oz. 1.29g
Walleye* 4 oz. 1.28g
Whitefish* 4 oz. 1.27g
Antelope* 4 oz. 1.27g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 1.27g
Clams* 4 oz. 1.26g
Elk, ground* 4 oz. 1.26g
Mackerel* 4 oz. 1.24g
Mahi Mahi* 4 oz. 1.23g
Swordfish* 4 oz. 1.23g
Salami 4 oz. 1.22g
Rockfish* 4 oz. 1.20g
Orange Roughy* 4 oz. 1.20g
Shrimp* 4 oz. 1.19g
Smelt* 4 oz. 1.18g
Mussels* 4 oz. 1.17g
Bratwurst* 4 oz. 1.08g
Turbot* 4 oz. 1.07g
King Crab* 4 oz. 1.06g
Venison, ground* 4 oz. 1.05g
Dover Sole* 4 oz. 1.04g
Emu, ground* 4 oz. 1.04g
Lobster* 4 oz. 1g
Turkey Breast* 4 oz. 0.87g
Sorghum* 1 cup 0.83g
Eggs* 2 large 0.80g
Lentils* 1 cup 0.77g
Wheat Bran ¼ cup 0.70g
Sesame Seeds 1 Tbsp. 0.69g
Black Beans* 1 cup 0.66g
Chickpeas* 1 cup 0.62g
Whole Milk, raw 8 fl. oz. 0.48g
Pumpkin Seeds 1 oz. 0.36g
Oat Bran ½ cup 0.31g
Peanuts* ¼ cup 0.3g
Quick Oats ½ cup 0.27g
Black Walnuts 1 oz. 0.27g
Almond Butter 2 Tbsp. 0.26g
Hemp Seeds 2 Tbsp. 0.25g
Wheat Germ ¼ cup 0.24g
Chia Seeds 2 Tbsp. 0.22g
Brown Rice* 1 cup 0.22g
Almonds 1 oz. 0.21g

Tangy Tangerine 2.5 1 scoop 0.20g
Peanut Butter 2 Tbsp. 0.19g
Cashews 1 oz. 0.20g
Corn* 1 cup 0.18g
Walnuts 1 oz. 0.17g
Sweet Potato* 1 cup 0.15g
Whole Wheat Flour ¼ cup 0.13g
Hummus ¼ cup 0.12g
Flax Seeds, ground 2 Tbsp. 0.12g
Pecans 1 oz. 0.09g
Sorghum Flour ¼ cup 0.09g
Macadamia Nuts 1 oz. 0.08g
*cooked

Leucine

Leucine is crucial for protein synthesis, metabolism, blood sugar regulation and for speeding up wound healing. Leucine is also one of the main branched chain amino acids. This amino acid is a core part of mitochondria (the energy regulators in our cells). Leucine also helps to grow and repair bones and muscles.

Leucine deficiency symptoms: dizziness, fatigue, headaches.

The best sources of Leucine:

Skirt Steak* 4 oz. 6.67g
Bluefin Tuna* 4 oz. 5.51g
Pork Chop* 4 oz. 4.50g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 3.36g
Kielbasa* 4 oz. 3.35g
Cod* 4 oz. 3.34g
Beef Tenderloin* 4 oz. 3.03g
Chicken Breast* 4 oz. 3g
Elk, ground* 4 oz. 3g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 2.88g
Ham* 4 oz. 2.86g
Sorghum* 1 cup 2.86g
Antelope* 4 oz. 2.82g
Duck Breast* 4 oz. 2.77g
Yellowtail* 4 oz. 2.73g
Pork Tenderloin* 4 oz. 2.70g
Rainbow Trout* 4 oz. 2.66g
Caribou* 4 oz. 2.64g
Pork Spareribs* 4 oz. 2.64g
Water Buffalo* 4 oz. 2.61g
Wild Boar* 4 oz. 2.60g
Venison Filet* 4 oz. 2.58g
Sockeye Salmon* 4 oz. 2.47g
Bison, ground* 4 oz. 2.47g
Ostrich, ground* 4 oz. 2.41g
Chicken Thigh* 4 oz. 2.39g
Halibut* 4 oz. 2.32g
Beef, ground* 4 oz. 2.32g
Duck Breast* 4 oz. 2.32g
Pollock* 4 oz. 2.29g
Grouper* 4 oz. 2.29g
Walleye* 4 oz. 2.26g
Whitefish* 4 oz. 2.25g
Shrimp* 4 oz. 2.21g
Mackerel* 4 oz. 2.19g
Lamb, ground* 4 oz. 2.18g
Mahi Mahi* 4 oz. 2.18g
Swordfish* 4 oz. 2.17g
Turkey Breast* 4 oz. 2.11g
Rockfish* 4 oz. 2.08g

Smelt* 4 oz. 2.08g
Clams* 4 oz. 2.03g
Orange Roughy* 4 oz. 2.03g
Mussels* 4 oz. 1.90g
Turbot* 4 oz. 1.89g
Bratwurst* 4 oz. 1.86g
Venison, ground* 4 oz. 1.86g
Salami 4 oz. 1.84g
Dover Sole* 4 oz. 1.84g
Emu, ground* 4 oz. 1.78g
King Crab* 4 oz. 1.74g
Lobster* 4 oz. 1.69g
Ricotta ½ cup 1.53g
Lentils* 1 cup 1.3g
Black Beans* 1 cup 1.20g
Eggs* 2 large 1.05g
Chickpeas* 1 cup 1g
Whole Milk, raw 8 fl. oz. 0.78g
Pumpkin Seeds 1 oz. 0.68g
Oat Bran ½ cup 0.64g
Peanuts* ¼ cup 0.56g
Quick Oats ½ cup 0.5g
Corn* 1 cup 0.5g
Peanut Butter 2 Tbsp. 0.5g
Almond Butter 2 Tbsp. 0.47g
Black Walnuts 1 oz. 0.47g
Wheat Germ ¼ cup 0.45g
Hemp Seeds 2 Tbsp. 0.43g
Brown Rice* 1 cup 0.43g
Almonds 1 oz. 0.41g
Tangy Tangerine 2.5 1 scoop 0.39g
Chia Seeds 2 Tbsp. 0.38g
Cashews 1 oz. 0.36g
Walnuts 1 oz. 0.33g
Sorghum Flour ¼ cup 0.32g
Sweet Potato* 1 cup 0.26g
Whole Wheat Flour ¼ cup 0.26g
Hummus ¼ cup 0.20g
Flax Seeds, ground 2 Tbsp. 0.17g
Pecans 1 oz. 0.17g
Macadamia Nuts 1 oz. 0.16g
Wheat Bran ¼ cup 0.13g
Sesame Seeds 1 Tbsp. 0.12g
*cooked

Lysine

Lysine is a key element for growth and tissue repair, as well as hormones, protein and enzyme production. This essential amino acid helps to repair bones and muscles after surgery and injuries. Lysine deficiency symptoms: anemia, dizziness, fatigue, reproductive disorders, poor concentration, hair loss, loss of appetite, nausea.

The best sources of Lysine:

Pork Chops* 4 oz. 4.86g
Cod* 4 oz. 3.77g
Skirt Steak* 4 oz. 3.74g
Chicken Breast* 4 oz. 3.49g
Beef Tenderloin* 4 oz. 3.39g
Ham* 4 oz. 3.22g
Wild Boar* 4 oz. 3.16g
Bluefin Tuna* 4 oz. 3.11g
Yellowtail* 4 oz. 3.09g
Kielbasa* 4 oz. 3.05g
Pork Tenderloin* 4 oz. 3.03g
Rainbow Trout* 4 oz. 3.01g
Pork Spareribs* 4 oz. 2.96g
Sockeye Salmon* 4 oz. 2.91g

Caribou* 4 oz. 2.90g
Duck Breast* 4 oz. 2.81g
Antelope* 4 oz. 2.79g
Venison Filet 4 oz. 2.75g
Bison, ground* 4 oz. 2.67g
Chicken Thigh* 4 oz. 2.64g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 2.63g
Halibut* 4 oz. 2.63g
Ostrich, ground* 4 oz. 2.61g
Elk, ground* 4 oz. 2.6g
Pollock* 4 oz. 2.59g
Grouper* 4 oz. 2.58g
Walleye* 4 oz. 2.55g
Whitefish* 4 oz. 2.54g
Mackerel* 4 oz. 2.48g
Rockfish* 4 oz. 2.48g
Lamb, ground* 4 oz. 2.47g
Beef, ground* 4 oz. 2.47g
Mahi Mahi* 4 oz. 2.47g
Shrimp* 4 oz. 2.46g
Swordfish* 4 oz. 2.45g
Water Buffalo* 4 oz. 2.40g
Orange Roughy* 4 oz. 2.37g
Smelt* 4 oz. 2.35g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 2.25g
Dover Sole* 4 oz. 2.16g
Turbot* 4 oz. 2.14g
Bratwurst* 4 oz. 2.09g
Mussels* 4 oz. 2g
Venison, ground* 4 oz. 2g
King Crab* 4 oz. 1.91g
Emu, ground* 4 oz. 1.89g
Pepperoni 4 oz. 1.87g
Lobster* 4 oz. 1.75g
Ricotta ½ cup 1.67g
Lentils* 1 cup 1.24g
Black Beans* 1 cup 1.02g
Chickpeas* 1 cup 0.97g
Eggs* 2 large 0.86g
Turkey Breast* 4 oz. 0.63g
Sorghum* 1 cup 0.44g
Wheat Germ ¼ cup 0.42g
Oat Bran ½ cup 0.35g
Pumpkin Seeds 1 oz. 0.35g
Peanuts* ¼ cup 0.31g
Quick Oats ½ cup 0.28g
Chia Seeds 2 Tbsp. 0.27g
Hemp Seeds 2 Tbsp. 0.25g
Cashews 1 oz. 0.23g
Peanut Butter 2 Tbsp. 0.21g
Brown Rice* 1 cup 0.2g
Corn* 1 cup 0.2g
Black Walnuts 1 oz. 0.2g
Sweet Potato* 1 cup 0.19g
Almond Butter 2 Tbsp. 0.19g
Hummus ¼ cup 0.17g
Almonds 1 oz. 0.16g
Flax Seeds, ground 2 Tbsp. 0.12g
Walnuts 1 oz. 0.12g
Whole Wheat Flour ¼ cup 0.10g
Wheat Bran ¼ cup 0.08g
Pecans 1 oz. 0.08g
Sorghum Flour ¼ cup 0.05g
Sesame Seeds 1 Tbsp. 0.05g
Tangy Tangerine 2.5 1 scoop 0.01g
*cooked

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<u>Methionine</u>

Methionine is a sulfur-based essential amino acid that helps to strengthen the hair, skin and nails. It also aids in detoxification, slows down aging and helps with selenium and zinc absorption. It is important to note that

methionine is very useful for heavy metal excretion, lead and mercury, along with preventing excess fat buildup in the liver.

Methionine deficiency symptoms: fatty liver, edema, skin lesions, dementia, muscle paralysis, hair loss, depression.

The best sources of Methionine:

Pork Chops* 4 oz. 1.50g
Cod* 4 oz. 1.21g
Kielbasa* 4 oz. 1.05g
Skirt Steak* 4 oz. 1.02g
Bluefin Tuna* 4 oz. 1g
Yellowtail* 4 oz. 0.99g
Sockeye Salmon* 4 oz. 0.97g
Rainbow Trout* 4 oz. 0.97g
Antelope* 4 oz. 0.95g
Chicken Breast* 4 oz. 0.94g
Beef Tenderloin* 4 oz. 0.93g
Ham* 4 oz. 0.92g
Pork Tenderloin* 4 oz. 0.89g
Duck Breast* 4 oz. 0.88g
Pork Spareribs* 4 oz. 0.87g
Halibut* 4 oz. 0.84g
Pollock* 4 oz. 0.83g
Grouper* 4 oz. 0.83g
Ostrich, ground* 4 oz. 0.82g
Whitefish* 4 oz. 0.82g
Walleye* 4 oz. 0.82g
Orange Roughy* 4 oz. 0.82g
Chicken Thigh* 4 oz. 0.80g
Mackerel* 4 oz. 0.80g
Rockfish* 4 oz. 0.80g
Turkey Breast* 4 oz. 0.79g
Venison Filet* 4 oz. 0.79g
Mahi Mahi* 4 oz. 0.79g
Swordfish* 4 oz. 0.79g
Wild Boar* 4 oz. 0.79g
Bison, ground* 4 oz. 0.78g
Dover Sole* 4 oz. 0.77g
Beef, ground* 4 oz. 0.76g
Water Buffalo* 4 oz. 0.76g
Smelt* 4 oz. 0.75g
Shrimp* 4 oz. 0.75g
Elk, ground* 4 oz. 0.74g
Duck Breast* 4 oz. 0.74g
Lamb, ground* 4 oz. 0.72g
Caribou* 4 oz. 0.71g
Turbot* 4 oz. 0.69g
Clams* 4 oz. 0.65g
King Crab* 4 oz. 0.61g
Bratwurst* 4 oz. 0.61g
Emu, ground* 4 oz. 0.61g
Mussels* 4 oz. 0.60g
Lobster* 4 oz. 0.58g
Pepperoni 4 oz. 0.57g
Venison, ground* 4 oz. 0.57g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 0.56g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 0.48g
Eggs* 2 large 0.36g
Sorghum* 1 cup 0.32g
Black Beans* 1 cup 0.22g
Chickpeas* 1 cup 0.19g
Hemp Seeds 2 Tbsp. 0.18g
Pumpkin Seeds 1 oz. 0.17g
Chia Seeds 2 Tbsp. 0.16g
Lentils* 1 cup 0.15g
Oat Bran ½ cup 0.15g
Quick Oats ½ cup 0.15g
Wheat Germ ¼ cup 0.13g
Black Walnuts 1 oz. 0.13g
Brown Rice* 1 cup 0.11g
Peanuts* ¼ cup 0.1g
Corn* 1 cup 0.09g

Sweet Potato* 1 cup 0.08g
Peanut Butter 2 Tbsp. 0.08g
Cashews 1 oz. 0.08g
Walnuts 1 oz. 0.06g
Whole Wheat Flour ¼ cup 0.06g
Sesame Seeds 1 Tbsp. 0.05g
Flax Seeds, ground 2 Tbsp. 0.05g
Pecans 1 oz. 0.05g
Hummus ¼ cup 0.04g
Almonds 1 oz. 0.04g
Almond Butter 2 Tbsp. 0.04g
Sorghum Flour ¼ cup 0.04g
Wheat Bran ¼ cup 0.03g
Tangy Tangerine 2.5 1 scoop 0.01g
*cooked

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Phenylalanine

Phenylalanine is an essential amino acid that helps to make dopamine, norepinephrine and melanin production. Phenylalanine comes in 3 distinct forms: L, D, DL. L-Phenylalanine is found in foods. D-Phenylalanine is made in a laboratory. DL-Phenylalanine is a combination of the first two forms.

Phenylalanine deficiency symptoms: confusion, lack of energy, depression, memory issues.

The best sources of Phenylalanine:

Pork Chops* 4 oz. 2.27g
Kielbasa* 4 oz. 1.63g
Cod* 4 oz. 1.60g
Ham* 4 oz. 1.58g
Skirt Steak* 4 oz. 1.53g
Chicken Breast* 4 oz. 1.46g
Caribou* 4 oz. 1.42g
Beef Tenderloin* 4 oz. 1.4g
Elk, ground* 4 oz. 1.4g
Duck Breast* 4 oz. 1.37g
Pork Tenderloin* 4 oz. 1.34g
Bluefin Tuna* 4 oz. 1.32g
Antelope* 4 oz. 1.32g
Pork Spareribs* 4 oz. 1.31g
Yellowtail* 4 oz. 1.31g
Venison Filet* 4 oz. 1.28g
Rainbow Trout* 4 oz. 1.28g
Wild Boar* 4 oz. 1.28g
Sockeye Salmon* 4 oz. 1.23g
Bison, ground* 4 oz. 1.22g
Ostrich, ground* 4 oz. 1.22g
Water Buffalo* 4 oz. 1.21g
Beef, ground* 4 oz. 1.16g
Duck Breast* 4 oz. 1.15g
Lamb, ground* 4 oz. 1.14g
Shrimp* 4 oz. 1.12g
Chicken Thigh* 4 oz. 1.12g
Halibut* 4 oz. 1.12g
Grouper* 4 oz. 1.10g
Pollock* 4 oz. 1.10g
Whitefish* 4 oz. 1.08g
Walleye* 4 oz. 1.08g
Salami 4 oz. 1.06g
Rockfish* 4 oz. 1.06g
Mackerel* 4 oz. 1.05g
Mahi Mahi* 4 oz. 1.05g
Swordfish* 4 oz. 1.04g
Clams* 4 oz. 1.03g
Smelt* 4 oz. 1g
Sorghum* 1 cup 1g
Turkey Breast* 4 oz. 0.98g
Orange Roughy* 4 oz. 0.98g
Lobster* 4 oz. 0.96g
Bratwurst* 4 oz. 0.92g

Venison, ground* 4 oz. 0.92g
King Crab* 4 oz. 0.92g
Emu, ground* 4 oz. 0.92g
Turbot* 4 oz. 0.91g
Kidney Beans* 1 cup 0.90g
Pinto Beans* 1 cup 0.90g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 0.89g
Lentils* 1 cup 0.88g
Dover Sole* 4 oz. 0.86g
Black Beans* 1 cup 0.81g
Chickpeas* 1 cup 0.77g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 0.76g
Eggs* 2 large 0.65g
Pumpkin Seeds 1 oz. 0.5g
Peanuts* ¼ cup 0.44g
Oat Bran ½ cup 0.42g
Whole Milk, raw* 8 fl. oz. 0.39g
Peanut Butter 2 Tbsp. 0.38g
Almond Butter 2 Tbsp. 0.36g
Quick Oats ½ cup 0.35g
Almonds 1 oz. 0.32g
Black Walnuts 1 oz. 0.31g
Hemp Seeds 2 Tbsp. 0.28g
Chia Seeds 2 Tbsp. 0.28g
Brown Rice* 1 cup 0.26g
Wheat Germ ¼ cup 0.26g
Sweet Potato* 1 cup 0.25g
Cashews 1 oz. 0.22g
Corn* 1 cup 0.21g
Whole Wheat Flour ¼ cup 0.20g
Walnuts 1 oz. 0.2g
Macadamia Nuts 1 oz. 0.18g
Hummus ¼ cup 0.15g
Flax Seeds, ground 2 Tbsp. 0.13g
Sorghum Flour ¼ cup 0.13g
Pecans 1 oz. 0.12g
Sesame Seeds 1 Tbsp. 0.08g
Wheat Bran ¼ cup 0.08g
Tangy Tangerine 2.5 1 scoop 0.02g
*cooked

Threonine

Threonine assists with collagen and elastin production. This essential amino acid promotes gut health, muscle contractions, alleviates anxiety and speeds up wound healing.

Threonine deficiency symptoms: confusion, fatty liver, digestive issues, emotional agitation, poor nutrient absorption.

The best sources of Threonine:

Pork Chop* 4 oz. 2.40g
Skirt Steak* 4 oz. 1.80g
Cod* 4 oz. 1.80g
Beef Tenderloin* 4 oz. 1.66g
Chicken Breast* 4 oz. 1.63g
Ham* 4 oz. 1.61g
Antelope* 4 oz. 1.54g
Pork Tenderloin* 4 oz. 1.53g
Kielbasa* 4 oz. 1.51g
Pork Spareribs* 4 oz. 1.50g
Wild Boar* 4 oz. 1.50g
Bluefin Tuna* 4 oz. 1.48g
Yellowtail* 4 oz. 1.47g
Water Buffalo* 4 oz. 1.45g

Rainbow Trout* 4 oz. 1.43g
Sockeye Salmon* 4 oz. 1.41g
Duck Breast* 4 oz. 1.40g
Caribou* 4 oz. 1.37g
Chicken Thigh* 4 oz. 1.32g
Bison, ground* 4 oz. 1.31g
Elk, ground* 4 oz. 1.3g
Ostrich, ground* 4 oz. 1.30g
Venison Filet* 4 oz. 1.28g
Halibut* 4 oz. 1.25g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 1.24g
Clams* 4 oz. 1.24g
Pollock* 4 oz. 1.23g
Grouper* 4 oz. 1.23g
Walleye* 4 oz. 1.22g
Whitefish* 4 oz. 1.21g
Lamb, ground* 4 oz. 1.20g
Mackerel* 4 oz. 1.18g
Swordfish* 4 oz. 1.17g
Mahi Mahi* 4 oz. 1.17g
Duck Breast* 4 oz. 1.17g
Mussels* 4 oz. 1.16g
Beef, ground* 4 oz. 1.15g
Rockfish* 4 oz. 1.15g
Salami 4 oz. 1.14g
Smelt* 4 oz. 1.12g
Turkey Breast* 4 oz. 1.10g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 1.06g
Bratwurst* 4 oz. 1.06g
Turbot* 4 oz. 1.02g
Dover Sole* 4 oz. 0.99g
Pepperoni 4 oz. 0.98g
Venison, ground* 4 oz. 0.92g
Lobster* 4 oz. 0.92g
Emu, ground* 4 oz. 0.92g
King Crab* 4 oz. 0.88g
Sorghum* 1 cup 0.66g
Lentils* 1 cup 0.64g
Black Beans* 1 cup 0.63g
Chickpeas* 1 cup 0.54g
Eggs* 2 large 0.53g
Whole Milk, raw 8 fl. oz. 0.36g
Peanuts* ¼ cup 0.29g
Pumpkin Seeds 1 oz. 0.28g
Wheat Germ ¼ cup 0.27g
Hemp Seeds 2 Tbsp. 0.25g
Sweet Potato* 1 cup 0.23g
Oat Bran ½ cup 0.23g
Quick Oats ½ cup 0.23g
Chia Seeds 2 Tbsp. 0.20g
Black Walnuts 1 oz. 0.2g
Brown Rice* 1 cup 0.19g
Corn* 1 cup 0.18g
Walnuts 1 oz. 0.17g
Almonds 1 oz. 0.17g
Almond Butter 2 Tbsp. 0.17g
Peanut Butter 2 Tbsp. 0.16g
Cashews 1 oz. 0.16g
Whole Wheat Flour ¼ cup 0.11g
Hummus ¼ cup 0.1g
Flax Seeds, ground 2 Tbsp. 0.1g
Macadamia Nuts 1 oz. 0.1g
Sorghum Flour ¼ cup 0.09g
Pecans 1 oz. 0.08g
Wheat Bran ¼ cup 0.07g
Sesame Seeds 1 Tbsp. 0.06g
Tangy Tangerine 2.5 1 scoop 0.02g
*cooked

Tryptophan

Tryptophan raises serotonin levels which enhances our mood, pain, appetite and sleep cycles (circadian rhythm). It also synthesizes melatonin and serotonin. Tryptophan can be converted to niacin. This essential amino acid may help with sleep disorder, anxiety, headaches, ADHD, PMS, and fibromyalgia.

Tryptophan deficiency symptoms: anxiety, cognitive imbalances (dementia), reduced appetite, diarrhea, insomnia.

The best sources of Tryptophan:

Pork Chop* 4 oz. 0.65g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 0.56g
Caribou* 4 oz. 0.49g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 0.48g
Cod* 4 oz. 0.46g
Duck Breast* 4 oz. 0.45g
Chicken Breast* 4 oz. 0.45g
Kielbasa* 4 oz. 0.45g
Ham* 4 oz. 0.43g
Wild Boar* 4 oz. 0.43g
Pork Tenderloin* 4 oz. 0.42g
Skirt Steak* 4 oz. 0.42g
Pork Spareribs* 4 oz. 0.41g
Beef Tenderloin* 4 oz. 0.39g
Sockeye Salmon* 4 oz. 0.38g
Bluefin Tuna* 4 oz. 0.38g
Duck Breast* 4 oz. 0.38g
Yellowtail* 4 oz. 0.37g
Water Buffalo* 4 oz. 0.37g
Rainbow Trout* 4 oz. 0.36g
Rockfish* 4 oz. 0.33g
Turkey Breast* 4 oz. 0.32g
Clams* 4 oz. 0.32g
Halibut* 4 oz. 0.32g
Chicken Thigh* 4 oz. 0.31g
Walleye* 4 oz. 0.31g
Grouper* 4 oz. 0.31g
Whitefish* 4 oz. 0.31g
Pollock* 4 oz. 0.31g
Elk, ground* 4 oz. 0.3g
Lamb, ground* 4 oz. 0.3g
King Crab* 4 oz. 0.30g
Mackerel* 4 oz. 0.30g
Mussels* 4 oz. 0.30g
Venison Filet* 4 oz. 0.30g
Swordfish* 4 oz. 0.3g
Mahi Mahi* 4 oz. 0.3g
Bratwurst* 4 oz. 0.29g
Shrimp* 4 oz. 0.29g
Salami 4 oz. 0.28g
Lobster* 4 oz. 0.28g
Smelt* 4 oz. 0.28g
Dover Sole* 4 oz. 0.27g
Ostrich, ground* 4 oz. 0.26g
Pepperoni 4 oz. 0.26g
Turbot* 4 oz. 0.26g
Orange Roughy* 4 oz. 0.26g
Sorghum* 1 cup 0.24g
Venison, ground* 4 oz. 0.21g
Bison, ground* 4 oz. 0.21g
Emu, ground* 4 oz. 0.21g
Eggs* 2 large 0.20g
Black Beans* 1 cup 0.17g
Pumpkin Seeds 1 oz. 0.16g
Lentils* 1 cup 0.16g
Oat Bran ½ cup 0.15g
Beef, ground* 4 oz. 0.15g
Chickpeas* 1 cup 0.13g

Chia Seeds 2 Tbsp. 0.12g
Whole Milk, raw 8 fl. oz. 0.11g
Black Walnuts 1 oz. 0.09g
Quick Oats ½ cup 0.09g
Sweet Potato* 1 cup 0.09g
Wheat Germ ¼ cup 0.09g
Peanuts* ¼ cup 0.08g
Hemp Seeds 2 Tbsp. 0.07g
Peanut Butter 2 Tbsp. 0.07g
Brown Rice* 1 cup 0.06g
Cashews 1 oz. 0.06g
Almonds 1 oz. 0.06g
Walnuts 1 oz. 0.05g
Almond Butter 2 Tbsp. 0.05g
Whole Wheat Flour ¼ cup 0.05g
Flax Seeds, ground 2 Tbsp. 0.04g
Wheat Bran ¼ cup 0.04g
Sesame Seeds 1 Tbsp. 0.03g
Hummus ¼ cup 0.03g
Corn* 1 cup 0.03g
Sorghum Flour ¼ cup 0.03g
Pecans 1 oz. 0.03g
Macadamia Nuts 1 oz. 0.02g
Tangy Tangerine 2.5 1 scoop 0.005g
*cooked

Valine

Valine is an essential amino acid that enhances cognitive function, muscles and mood regulation. It is one of the main branched chain amino acids that helps to build muscle, improve sleep cycles and reduce anxiety.

Valine deficiency symptoms: muscle weakness, poor coordination, high blood pressure, maple syrup urine disease (a genetic disorder where the body cannot metabolize BCAAs).

The best sources of Valine:

Kielbasa* 4 oz. 2.16g
Cod* 4 oz. 2.11g
Ham* 4 oz. 1.94g
Skirt Steak* 4 oz. 1.88g
Chicken Breast* 4 oz. 1.88g
Pork Chops* 4 oz. 1.84g
Pork Tenderloin* 4 oz. 1.83g
Pork Spareribs* 4 oz. 1.78g
Bluefin Tuna* 4 oz. 1.74g
Beef Tenderloin* 4 oz. 1.74g
Yellowtail* 4 oz. 1.73g
Wild Boar* 4 oz. 1.72g
Duck Breast* 4 oz. 1.71g
Elk, ground* 4 oz. 1.7g
Rainbow Trout* 4 oz. 1.68g
Sockeye Salmon* 4 oz. 1.65g
Venison Filet* 4 oz. 1.64g
Water Buffalo* 4 oz. 1.61g
Bison, ground* 4 oz. 1.55g
Lamb, ground* 4 oz. 1.5g
Caribou* 4 oz. 1.50g
Antelope* 4 oz. 1.48g
Halibut* 4 oz. 1.47g
Beef, ground* 4 oz. 1.46g
Ostrich, ground* 4 oz. 1.46g
Grouper* 4 oz. 1.45g
Pollock* 4 oz. 1.45g
Duck Breast* 4 oz. 1.44g
Whitefish* 4 oz. 1.43g
Walleye* 4 oz. 1.43g
Mackerel* 4 oz. 1.39g
Mahi Mahi* 4 oz. 1.38g

Swordfish* 4 oz. 1.37g
Chicken Thigh* 4 oz. 1.36g
Smelt* 4 oz. 1.32g
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 1.31g
Salami 4 oz. 1.26g
Clams* 4 oz. 1.26g
Bratwurst* 4 oz. 1.26g
Rockfish* 4 oz. 1.25g
Orange Roughy* 4 oz. 1.22g
Shrimp* 4 oz. 1.20g
Turbot* 4 oz. 1.20g
Venison, ground* 4 oz. 1.2g
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 1.12g
Dover Sole* 4 oz. 1.10g
Emu, ground* 4 oz. 1.07g
King Crab* 4 oz. 1.03g
Lobster* 4 oz. 1g
Sorghum* 1 cup 1g
Lentils* 1 cup 0.88g
Eggs* 2 large 0.82g
Black Beans* 1 cup 0.79g
Chickpeas* 1 cup 0.61g
Whole Milk, raw 8 fl. oz. 0.53g
Oat Bran ½ cup 0.45g
Pumpkin Seeds 1 oz. 0.44g
Quick Oats ½ cup 0.37g
Peanuts* ¼ cup 0.36g
Black Walnuts 1 oz. 0.36g
Hemp Seeds 2 Tbsp. 0.35g
Wheat Germ ¼ cup 0.34g
Brown Rice* 1 cup 0.30g
Almond Butter 2 Tbsp. 0.30g
Cashews 1 oz. 0.29g
Chia Seeds 2 Tbsp. 0.26g
Corn* 1 cup 0.26g
Peanut Butter 2 Tbsp. 0.25g
Sweet Potato* 1 cup 0.24g
Almonds 1 oz. 0.24g
Walnuts 1 oz. 0.2g
Whole Wheat Flour ¼ cup 0.17g
Flax Seeds, ground 2 Tbsp. 0.15g
Hummus ¼ cup 0.12g
Sorghum Flour ¼ cup 0.11g
Pecans 1 oz. 0.11g
Wheat Bran ¼ cup 0.1g
Macadamia Nuts 1 oz. 0.1g
Sesame Seeds 1 Tbsp. 0.08g
Tangy Tangerine 2.5 1 scoop 0.02g
*cooked

Vitamins

Vitamins are classified as organic substances that are required for our bodies to function properly. This is one of those absolutes in life; not up for negotiation. Minerals are just as important. Vitamins work synergistically with minerals. Vitamins are either fat-soluble or water-soluble. Fat-soluble vitamins get stored up in our fat tissue. Water-soluble vitamins are eliminated each day and must be replenished more often.

Vitamins are found in foods and supplements. While I do believe in the power of the right supplements, they are only the finishing touches on top of a healthy diet. Vitamins need to be consumed with foods to properly absorb, especially with fat. We must get the majority of our vitamins and

minerals from food. Remember, if the nutritional label doesn't show a specific vitamin, don't assume that it is not in the food. Everything that you eat matters!

The term "vitamin" was coined by the biochemist Casimir Funk in 1912. Funk is the pioneer in the field of vitamin therapy. He was brilliant due to his discovery that specific vitamins could be used to treat specific illnesses (aka nutritional deficiencies):

-Beri Beri (lack of Vitamin B1)
-Pellagra (lack of Vitamin B3)
-Scurvy (lack of Vitamin C)
-Rickets (lack of Vitamin D)

People often scoff at the thought of nutritional deficiencies. Let's not forget about all of the year round monocrops that strip the soil of key vitamins and minerals. Remember, in the 1930s, the U.S. government started to fortify foods to prevent nutritional deficiencies.

Two key examples come to mind:

-adding iodine to table salt to prevent goiter
-adding vitamin B9 (folate) to grain products to prevent birth defects during pregnancy

Everybody has a nutritional deficiency.

-Stuck inside all winter in Michigan? Vitamin D

-Frequent restaurant patron? Vitamin A, B1 & C

-Are you a woman 13-40? Calcium & Iron

-Are you following a cult diet (17 daily juices, cockroach milk, soylent green, crickets) to save the baby whales from flesh eating sharks with laser beams? Vitamin B12

<u>Vitamin A (Retinol)</u>

Vitamin A comes in the form of retinoids and carotenoids. It is a fat-soluble vitamin that is essential for healthy eyes, skin, hair and for a healthy immune system. Vitamin A from plants (Provitamin A) needs to be converted to active Vitamin A to be used efficiently in the body (go for roasted carrots over raw carrots). Plant-based foods contain Beta Carotene while

active Vitamin A (Retinol) is found mainly in eggs and organ meats. Vitamin A works even better when you combine it with calcium, magnesium, phosphorus, selenium and zinc. Vitamin A has many derivatives: alpha carotene, beta carotene, beta cryptoxanthin, lutein + zeaxanthin, lycopene, and retinol.

Vitamin A deficiency symptoms: veganism, vegetarianism, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, Gluten-free diet, Low Fat diet, dry eyes, dry skin, night blindness, infertility, respiratory tract infections, acne, poor wound healing, night blindness, increased infections, broken nails.

The best sources of Vitamin A:

Cod Liver Oil 1 oz. 8,504mcg
Duck Liver* 1 oz. 3,397mcg
Tangy Tangerine 2.5 1 scoop 3,200mcg
Beef Liver* 1 oz. 2,651mcg
Sweet Potato* 1 cup 2,581mcg
Liver Sausage, pork* 1 oz. 2,355mcg
Turkey Liver* 1 oz. 2,284mcg
Lamb Liver* 1 oz. 2,095mcg
Carrots* 1 cup 1,329mcg
Butternut Squash* 1 cup 1,144mcg
Goji Berries, dried 2 ½ Tbsp. 1,127mcg
Chicken Liver* 1 oz. 1,119mcg
Carrots, raw 1 cup 1,068mcg
Pumpkin, canned ½ cup 953mcg
Spinach* 1 cup 941mcg
Vanilla Ka'Chava 2 scoops 750mcg
Chocolate Ka'Chava 2 scoops 750mcg
Acai Ka'Chava 2 scoops 750mcg
Collard Greens* 1 cup 722mcg
Romaine Lettuce 3 cups 614mcg
Cherry Tomato 1 cup 372mcg
Brussels Sprouts* 1 cup 363mcg
Kale* 1 cup 318mcg
Cantaloupe 1 cup 270mcg
Red Bell Peppers 1 large pepper 257mcg
Butter 2 Tbsp. 212mcg
Eggs* 2 large 196mcg
Clams* 4 oz. 182mcg
Watercress 4 oz. 181mcg
Green Peas* 1 cup 168mcg
Apricots 1 cup 148mcg
Tomatoes* 1 cup 148mcg
Swiss Chard 1 leaf 147mcg
Grapefruit 1 fruit 143mcg
Spinach, raw 1 cup 140mcg
Whole Milk, raw 8 fl. oz. 118mcg
Passion Fruit Juice*** 8 fl. oz. 116mcg
Tart Cherries, raw 1 cup 100mcg
Cream Cheese 1 oz. 90mcg
Mango 1 cup 89mcg
Cheddar Cheese 1 oz. 89mcg
Passion Fruit Juice** 8 fl. oz. 88mcg
Chili Powder 1 tsp. 80mcg
Quail* 4 oz. 79mcg
Tomatoes, raw 1 cup 75mcg
Herring* 1 oz. 73mcg
Mahi Mahi* 4 oz. 70mcg

Papaya 1 cup 68mcg
Sockeye Salmon* 4 oz. 66mcg
Tangerines 1 cup 66mcg
Pheasant* 4 oz. 64mcg
Savoy Cabbage* 1 cup 64mcg
Green Beans* 1 cup 63mcg
Sea Bass* 4 oz. 58mcg
Paprika 1 tsp. 56mcg
Grouper* 4 oz. 56mcg
Tomato Juice 8 fl. oz. 52mcg
Red Cabbage* 1 cup 49mcg
Red Cabbage, raw 1 cup 49mcg
Swordfish* 4 oz. 48mcg
Broccoli* 1 cup 48mcg
Whitefish* 4 oz. 44mcg
Watermelon 1 cup 43mcg
Marinara Sauce ½ cup 40mcg
Cayenne Pepper 1 tsp. 37mcg
Cornish Game Hen* 4 oz. 36mcg
Goat* 4 oz. 35mcg
Savoy Cabbage, raw 1 cup 35mcg
Herring* 4 oz. 32mcg
Pike* 4 oz. 27mcg
Nectarine 1 medium 24mcg
Wild Blueberries 1 cup 24mcg
Peaches 1 cup 24mcg
Wild Goose* 4 oz. 23mcg
Haddock* 4 oz. 21mcg
Valencia Oranges 1 cup 21mcg
Navel Oranges 1 cup 19mcg
Rainbow Trout* 4 oz. 19mcg
Yellow Bell Peppers 1 large pepper 18mcg
Parsley, raw 1 Tbsp. 16mcg
Blackberries 1 cup 15mcg
Avocado 1 medium 14mcg
Basil, raw 2 Tbsp. 14mcg
Celery 1 large stalk 14mcg
Pollock* 4 oz. 13mcg
Corn* 1 cup 13mcg
Scallions 1 scallion 12mcg
King Crab* 4 oz. 10mcg
Chicken Thigh* 4 oz. 9mcg
Kimchi 1 cup 7.5mcg
Kiwi 1 cup 7.2mcg
Chives, dried 1 Tbsp. 7mcg
Chives, raw 1 Tbsp. 7mcg
Cucumbers 1 cup 5.2mcg
Cranberry Juice 8 fl. oz. 5mcg
Pineapple 1 cup 4.95mcg
Grapes 1 cup 4.5mcg
Cherry Chia Why Bar 1 bar 4mcg
Honeydew Melon 1 cup 4mcg
Dill Weed, raw 1 tsp. 3.8mcg
Thyme, raw 1 tsp. 3.8mcg
Beets* 1 cup 3.4mcg
Medjool Dates 2 dates 3.36mcg
Bacon* 1 oz. 3mcg
Dill Weed, dried 1 tsp. 2.9mcg
Sage, ground 1 tsp. 2mcg
Thyme, dried 1 tsp. 1.9mcg
Parsley, dried 1 Tbsp. 1.55mcg
*cooked **purple ***yellow

<u>Vitamin B1 (Thiamine)</u>

Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin) and Vitamin B5 (Pantothenic Acid) are water-soluble vitamins that aid in glucose metabolism to energize our brain, heart and nerves. B Vitamins are amplified by copper, iron, manganese, potassium and sodium. Vitamin B1 is a water-soluble vitamin that is crucial for helping the body’s energy production (carbohydrate metabolism), growth and maintenance. This

vitamin may prevent beri beri, heart disease and indigestion. This vitamin plays a major role in basic functioning (heart, muscles and nervous system) and the growth of all cells.

Vitamin B1 deficiency symptoms: Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, poor appetite, congestive heart failure, digestive issues, low energy, short-term memory loss, muscle cramps, depression, colitis, battling an illness, pregnancy, smoking, drinking alcohol, heavy sugar intake, excessive stress, recovering from surgery.

The best sources of Vitamin B1:

Tangy Tangerine 2.5 1 scoop 30mg
Ham* 4 oz. 1.10mg
Pork Tenderloin* 4 oz. 1.06mg
Lamb Liver* 3 oz. 1mg
Barley* 1 cup 1mg
Kidney Beans* 1 cup 1mg
Pili Nuts 1 cup 1mg
Cornmeal 1 cup 1mg
Grits* 1 cup 0.79mg
Pork Chop* 4 oz. 0.76mg
Vanilla Ka'Chava 2 scoops 0.75mg
Chocolate Ka'Chava 2 scoops 0.75mg
Acai Ka'Chava 2 scoops 0.75mg
Sorghum* 1 cup 0.63mg
Venison, ground* 4 oz. 0.62mg
Oat Bran ½ cup 0.55mg
Egg Noodles* 1 cup 0.50mg
Wheat Germ 1 oz. 0.47mg
Sunflower Seeds 1 oz. 0.47mg
Mussels* 1 cup 0.45mg
Navy Beans* 1 cup 0.43mg
Black Beans* 1 cup 0.42mg
Bagel, whole wheat 1 bagel 0.42mg
Bratwurst* 4 oz. 0.40mg
Duck Breast* 4 oz. 0.40mg
Green Peas* 1 cup 0.39mg
Rainbow Trout* 4 oz. 0.39mg
Emu, ground* 4 oz. 0.36mg
Wild Boar* 4 oz. 0.35mg
Pine Nuts 1 oz. 0.35mg
Walleye* 4 oz. 0.35mg
Brown Rice* 1 cup 0.34mg
Acorn Squash* 1 cup 0.34mg
Lentils* 1 cup 0.33mg
Bluefin Tuna* 4 oz. 0.33mg
Chicken Liver* 4 oz. 0.32mg
Quick Oats ½ cup 0.3mg
Asparagus* 1 cup 0.29mg
Antelope* 4 oz. 0.29mg
Caribou* 4 oz. 0.28mg
Rye Bread 2 slices 0.27mg
Hemp Seeds 2 Tbsp. 0.25mg
Ostrich, ground* 4 oz. 0.24mg
Quail* 4 oz. 0.24mg
Flax Seeds, ground 2 Tbsp. 0.23mg
Corn* 1 cup 0.22mg
Macadamia Nuts 1 oz. 0.2mg
Elk, ground* 4 oz. 0.2mg
Pistachios 1 oz. 0.19mg
Yellowtail* 4 oz. 0.19mg
Whitefish* 4 oz. 0.19mg
Chickpeas* 1 cup 0.19mg
Sweet Potato* 1 cup 0.18mg
Tahini 1 Tbsp. 0.18mg
Pecans 1 oz. 0.18mg

Chia Seeds 2 Tbsp. 0.17mg
Sockeye Salmon* 4 oz. 0.17mg
Bison, ground* 4 oz. 0.16mg
Bison Ribeye* 4 oz. 0.16mg
Pepperoni 1 oz. 0.15mg
Valencia Oranges 1 cup 0.15mg
Potatoes, boiled 1 cup 0.15mg
Tart Cherry Juice 8 fl. oz. 0.15mg
Whole Wheat Flour ¼ cup 0.15mg
Sea Bass* 4 oz. 0.14mg
Green Beans* 1 cup 0.14mg
Avocado 1 medium 0.13mg
Barley* 1 cup 0.13mg
Coconut Water 16 fl. oz. 0.13mg
Pineapple 1 cup 0.13mg
Whole Milk, raw 8 fl. oz. 0.12mg
Herring* 4 oz. 0.12mg
Choco Peanut Why Bar 1 bar 0.12mg
Potatoes, baked 1 cup 0.12mg
Tangerines 1 cup 0.11mg
Navel Oranges 1 cup 0.11mg
Chicken Thigh* 4 oz. 0.11mg
Super Cacao Why Bar 1 bar 0.11mg
Bear* 4 oz. 0.11mg
Lamb, ground* 4 oz. 0.11mg
Zesty Lemon Why Bar 1 bar 0.11mg
Cherry Chia Why Bar 1 bar 0.10mg
Mango Ginger Why Bar 1 bar 0.10mg
Blueberry Bliss Why Bar 1 bar 0.10mg
Apple Almond Why Bar 1 bar 0.10mg
Watercress 4 oz. 0.10mg
Goat* 4 oz. 0.10mg
Carrots* 1 cup 0.10mg
Swordfish* 4 oz. 0.10mg
Broccoli* 1 cup 0.10mg
Red Cabbage* 1 cup 0.1mg
Sorghum Flour ¼ cup 0.1mg
Grapes 1 cup 0.1mg
Grapefruit 1 fruit 0.1mg
Romaine Lettuce 3 cups 0.1mg
Beef Ribeye* 4 oz. 0.09mg
Walnuts 1 oz. 0.09mg
Red Bell Peppers 1 large pepper 0.09mg
Grouper* 4 oz. 0.09mg
Perch* 4 oz. 0.09mg
Bacon* 1 oz. 0.09mg
Bee Pollen 1 Tbsp. 0.09mg
Carrots, raw 1 cup 0.08mg
Wild Goose* 4 oz. 0.08mg
Chicken Breast* 4 oz. 0.08mg
Turbot* 4 oz. 0.08mg
Pike* 4 oz. 0.07mg
Pumpkin Seeds 1 oz. 0.07mg
Wheat Bran ¼ cup 0.07mg
Sesame Seeds 1 Tbsp. 0.07mg
Savoy Cabbage* 1 cup 0.07mg
Cornish Game Hen* 4 oz. 0.07mg
Tomatoes, raw 1 cup 0.06mg
Pollock* 4 oz. 0.06mg
King Crab* 4 oz. 0.06mg
Cantaloupe 1 cup 0.06mg
Almonds 1 oz. 0.05mg
Hummus ¼ cup 0.05mg
Watermelon 1 cup 0.05mg
Yellow Bell Peppers 1 large pepper 0.05mg
Moose* 4 oz. 0.05mg
Cashews 1 oz. 0.05mg
Eggs* 2 large 0.05mg
Cauliflower* 1 cup 0.05mg
Blueberries 1 cup 0.05mg
Red Cabbage, raw 1 cup 0.05mg

Savoy Cabbage, raw 1 cup 0.05mg
Wild Blueberries 1 cup 0.05mg
Kiwi 1 cup 0.05mg
Fage 5% Greek Yogurt 6 oz. 0.04mg
Beets* 1 cup 0.04mg
Mango 1 cup 0.04mg
Tart Cherries, raw 1 cup 0.04mg
Peanuts* ¼ cup 0.04mg
Peanut Butter 2 Tbsp. 0.04mg
Papaya 1 cup 0.03mg
Peaches 1 cup 0.03mg
Clams* 4 oz. 0.03mg
Water Buffalo* 4 oz. 0.03mg
Brazil Nuts 1 kernel 0.03mg
Pomegranate Juice 8 fl. oz. 0.03mg
Pumpkin, canned ½ cup 0.03mg
Pears 1 medium 0.02mg
Almond Butter 2 Tbsp. 0.02mg
Cranberry Juice 8 fl. oz. 0.02mg
Medjool Dates 2 dates 0.02mg
Black Walnuts 1 oz. 0.02mg
Cucumbers 1 cup 0.02mg
Apples 1 large 0.02mg
Lobster* 4 oz. 0.02mg
*cooked

Vitamin B2 (Riboflavin)

Vitamin B2 is a water-soluble vitamin that is available in many foods and supplements. Our gut bacteria can make a small amount although it is not quite enough to be used sufficiently on a daily basis. This vitamin is a key part of coenzymes that support cell growth, energy production (carbohydrate metabolism), fertility, and fat metabolism. Riboflavin may reduce oxidative stress and nerve inflammation, which are responsible for migraine headaches. In the future, riboflavin may be used to alleviate migraine headaches. Vitamin B2 can also treat cataracts, skin problems and anemia. Riboflavin works synergistically with Vitamin B3, Vitamin B6, Vitamin C. Vitamin B2 is the most common vitamin deficiency in the U.S.

Vitamin B2 deficiency symptoms: Atkins diet, South Beach diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, dry lips, cracked skin, tingling hands and feet, scaly patches on the head, angular cheilitis, fatigue, poor appetite, veganism, vegetarianism, pregnancy, drinking alcohol.

The best sources of Vitamin B2:

Tangy Tangerine 2.5 1 scoop 30mg
Beef Liver* 3 oz. 2.9mg
Skirt Steak* 4 oz. 1mg
Caribou* 4 oz. 1mg
Bear* 4 oz. 0.93mg
Grapes 10 grapes 0.9mg
Vanilla Ka’Chava 2 scoops 0.85mg
Chocolate Ka’Chava 2 scoops 0.85mg
Acai Ka’Chava 2 scoops 0.85mg
Antelope* 4 oz. 0.82mg
Kielbasa* 4 oz. 0.80mg

Duck Breast* 4 oz. 0.70mg
Goat* 4 oz. 0.68mg
Venison Filet* 4 oz. 0.66mg
Emu, ground* 4 oz. 0.61mg
Mussels* 1 cup 0.59mg
Elk, ground* 4 oz. 0.56mg
Clams* 4 oz. 0.53mg
Beef Tenderloin* 4 oz. 0.52mg
Pesto ¼ cup 0.50mg
Fage 5% Greek Yogurt 6 oz. 0.47mg
Mackerel* 4 oz. 0.46mg
Eggs* 2 large 0.45mg
Whole Milk, raw 8 fl. oz. 0.42mg
Spinach* 1 cup 0.40mg
Moose* 4 oz. 0.38mg
Rainbow Trout* 4 oz. 0.37mg
Wild Goose* 4 oz. 0.36mg
Maple Syrup 2 Tbsp. 0.36mg
Bison Ribeye* 4 oz. 0.34mg
Quail* 4 oz. 0.33mg
Bluefin Tuna* 4 oz. 0.33mg
Venison, ground* 4 oz. 0.32mg
Herring* 4 oz. 0.32mg
Passion Fruit Juice** 8 fl. oz. 0.32mg
Almonds 1 oz. 0.32mg
Kimchi 1 cup 0.31mg
Almond Butter 2 Tbsp. 0.30mg
Mushrooms* ½ cup 0.30mg
Grits* 1 cup 0.30mg
Ostrich, ground* 4 oz. 0.30mg
Shrimp* 4 oz. 0.30mg
Bison, ground* 4 oz. 0.29mg
Water Buffalo* 4 oz. 0.28mg
Pork Chop* 4 oz. 0.28mg
Sockeye Salmon* 4 oz. 0.28mg
Lamb, ground* 4 oz. 0.28mg
Avocado 1 medium 0.26mg
Pollock* 4 oz. 0.25mg
Asparagus* 1 cup 0.25mg
Chicken Thigh* 4 oz. 0.24mg
Passion Fruit Juice*** 8 fl. oz. 0.24mg
Cornish Game Hen* 4 oz. 0.22mg
Walleye* 4 oz. 0.22mg
Pheasant* 4 oz. 0.20mg
Whole Wheat Bread 2 slices 0.20mg
White Rice* 1 cup 0.20mg
Quinoa* 1 cup 0.20mg
Bagel 1 bagel 0.20mg
Green Beans* 1 cup 0.18mg
Sorghum* 1 cup 0.18mg
Whitefish* 4 oz. 0.17mg
Broccoli* 1 cup 0.17mg
Sea Bass* 4 oz. 0.16mg
Smelt* 4 oz. 0.16mg
Wild Boar* 4 oz. 0.15mg
Sweet Potato* 1 cup 0.15mg
Red Bell Peppers 1 large pepper 0.15mg
Lentils* 1 cup 0.14mg
Wheat Germ ¼ cup 0.14mg
Brown Rice* 1 cup 0.13mg
Watercress 4 oz. 0.13mg
Perch* 4 oz. 0.13mg
Chicken Breast* 4 oz. 0.13mg
Zesty Lemon Why Bar 1 bar 0.13mg
Super Cacao Why Bar 1 bar 0.12mg
Apple Almond Why Bar 1 bar 0.12mg
Blueberry Bliss Why Bar 1 bar 0.12mg
Mango Ginger Why Bar 1 bar 0.12mg
Cherry Chia Why Bar 1 bar 0.12mg
Cod* 4 oz. 0.12mg
Beefalo* 4 oz. 0.12mg
Turbot* 4 oz. 0.11mg

Catfish* 4 oz. 0.11mg
Spinach, raw 1 cup 0.1mg
Oat Bran ½ cup 0.1mg
Apple, with skin 1 large 0.1mg
Kidney Beans* 1 cup 0.1mg
Macaroni* 1 cup 0.1mg
Sunflower Seeds 1 oz. 0.1mg
Swiss Cheese 1 oz. 0.1mg
Tomatoes, canned ½ cup 0.1mg
Black Beans* 1 cup 0.1mg
Grapes 1 cup 0.1mg
Chickpeas* 1 cup 0.1mg
Red Cabbage* 1 cup 0.09mg
Romaine Lettuce 3 cups 0.09mg
Barley* 1 cup 0.09mg
Mahi Mahi* 4 oz. 0.09mg
Wheat Bran ¼ cup 0.08mg
Corn* 1 cup 0.08mg
Banana 1 medium 0.08mg
Tilapia* 4 oz. 0.08mg
Pike* 4 oz. 0.08mg
Clams* 4 oz. 0.08mg
Monkfish* 4 oz. 0.08mg
Navel Oranges 1 cup 0.08mg
Carrots, raw 1 cup 0.07mg
Tangerines 1 cup 0.07mg
Valencia Oranges 1 cup 0.07mg
Tahini 1 Tbsp. 0.07mg
Bacon* 1 oz. 0.07mg
Haddock* 4 oz. 0.07mg
Swordfish* 4 oz. 0.07mg
Grapefruit 1 fruit 0.07mg
King Crab* 4 oz. 0.06mg
Blueberries 1 cup 0.06mg
Cauliflower* 1 cup 0.06mg
Cinnamon Ezekiel Bread 2 slices 0.06mg
Tart Cherries, raw 1 cup 0.06mg
Red Cabbage, raw 1 cup 0.06mg
Peanuts* ¼ cup 0.06mg
Peanut Butter 2 Tbsp. 0.06mg
Pumpkin, canned ½ cup 0.06mg
Beets* 1 cup 0.06mg
Bee Pollen 1 Tbsp. 0.06mg
Carrots* 1 cup 0.06mg
Mango 1 cup 0.06mg
Parmesan 2 Tbsp. 0.05mg
Cashews 1 oz. 0.05mg
Yellowtail* 4 oz. 0.05mg
Pineapple 1 cup 0.05mg
Choco Peanut Why Bar 1 bar 0.05mg
Hemp Seeds 2 Tbsp. 0.05mg
Whole Wheat Flour ¼ cup 0.05mg
Quick Oats ½ cup 0.05mg
Yellow Bell Peppers 1 large pepper 0.04mg
Walnuts 1 oz. 0.04mg
Black Walnuts 1 oz. 0.04mg
Pumpkin Seeds 1 oz. 0.04mg
Chia Seeds 2 Tbsp. 0.04mg
Cranberry Juice 8 fl. oz. 0.04mg
Kiwi 1 cup 0.04mg
Papaya 1 cup 0.04mg
Peaches 1 cup 0.04mg
Pears 1 medium 0.04mg
Pecans 1 oz. 0.04mg
Paprika 1 tsp. 0.03mg
Watermelon 1 cup 0.03mg
Pomegranate Juice 8 fl. oz. 0.03mg
Celery 1 large stalk 0.03mg
Cantaloupe 1 cup 0.03mg
Cucumbers 1 cup 0.03mg
Flax Seeds, ground 2 Tbsp. 0.03mg
Hummus ¼ cup 0.03mg
Medjool Dates 2 dates 0.03mg
Tomatoes, raw 1 cup 0.03mg
Potatoes, boiled 1 cup 0.03mg
Potatoes, baked 1 cup 0.02mg
Dark Chocolate 1 oz. 0.02mg
Sorghum Flour ¼ cup 0.02mg

Macadamia Nuts 1 oz. 0.02mg
Savoy Cabbage* 1 cup 0.02mg
Sesame Seeds 1 Tbsp. 0.02mg
Red Cabbage, raw 1 cup 0.02mg
Lobster* 4 oz. 0.02mg
Scallions 1 scallion 0.02mg
*cooked **purple ***yellow

Vitamin B3 (Niacin)

Niacin is a water-soluble vitamin that works in the body as a coenzyme to convert nutrients into energy, repair DNA and aids in fat metabolism. Vitamin B3 is used for easing indigestion, reducing high triglycerides, skin problems, migraines, heart problems, high blood pressure, diabetes and diarrhea. With the help of Tryptophan, our bodies can make its own Niacin. However, getting this vitamin from food is a better idea. Niacin is a key vitamin for producing hormones: estrogen, progesterone and testosterone.

Vitamin B3 deficiency symptoms: veganism, vegetarianism, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Gluten-free diet, vomiting, fatigue, hallucinations, constipation, bright red tongue, suicidal behavior, mental confusion, scaly skin.

The best sources of Vitamin B3:

Tangy Tangerine 2.5 1 scoop 40mg
Chicken Breast* 4 oz. 15.55mg
Beef Liver* 4 oz. 14.90mg
Kielbasa* 4 oz. 13.70mg
Turkey Breast* 4 oz. 13.30mg
Bluefin Tuna* 4 oz. 11.93mg
Sockeye Salmon* 4 oz. 11.47mg
Swordfish* 4 oz. 10.49mg
Emu, ground* 4 oz. 10.12mg
Venison Filet* 4 oz. 10mg
Vanilla Ka'Chava 2 scoops 10mg
Chocolate Ka'Chava 2 scoops 10mg
Acai Ka'Chava 2 scoops 10mg
Yellowtail* 4 oz. 9.88mg
Quail* 4 oz. 8.94mg
Halibut* 4 oz. 8.93mg
Elk, ground* 4 oz. 8.9mg
Duck Breast* 4 oz. 8.90mg
Tuna, canned 3 oz. 8.60mg
Pheasant* 4 oz. 8.50mg
Mahi Mahi* 4 oz. 8.42mg
Pork Tenderloin* 4 oz. 8.40mg
Mackerel* 4 oz. 7.73mg
Beef, ground* 4 oz. 7.73mg
Lamb, ground* 4 oz. 7.60mg
Bison Ribeye* 4 oz. 7.58mg
Ostrich, ground* 4 oz. 7.43mg
Rabbit* 4 oz. 7.22mg
Pork Chop* 4 oz. 7.20mg
Water Buffalo* 4 oz. 7.13mg
Chicken Thigh* 4 oz. 7mg
Sorghum* 1 cup 7mg
Bison, ground* 4 oz. 6.76mg
Cornish Game Hen* 4 oz. 6.63mg
Caribou* 4 oz. 6.53mg
Venison, ground* 4 oz. 6.46mg
Beef Ribeye* 4 oz. 6.28mg
Bee Pollen 1 Tbsp. 6mg
Moose* 4 oz. 5.96mg

Anchovies, canned 4 oz. 5.68mg
Passion Fruit Juice*** 8 fl. oz. 5.53mg
Tilapia* 4 oz. 5.29mg
Peanuts* ¼ cup 5.24mg
Brown Rice* 1 cup 5.17mg
Marinara Sauce ½ cup 5.15mg
Rainbow Trout* 4 oz. 5.1mg
Wild Boar* 4 oz. 4.77mg
Wild Goose* 4 oz. 4.70mg
Haddock* 4 oz. 4.56mg
Pollock* 4 oz. 4.51mg
Herring* 4 oz. 4.46mg
Goat* 4 oz. 4.44mg
Whitefish* 4 oz. 4.36mg
Peanut Butter 2 Tbsp. 4.21mg
Grits* 1 cup 3.88mg
Bear* 4 oz. 3.79mg
Passion Fruit Juice** 8 fl. oz. 3.6mg
Avocado 1 medium 3.5mg
Barley* 1 cup 3.2mg
Walleye* 4 oz. 3.17mg
Pike* 4 oz. 3.12mg
Turbot* 4 oz. 3.03mg
Catfish* 4 oz. 3mg
Bacon* 1 oz. 3mg
Monkfish* 4 oz. 2.9mg
Whole Wheat Bread 2 slices 2.8mg
Corn* 1 cup 2.56mg
Chia Seeds 2 Tbsp. 2.5mg
Cinnamon Ezekiel Bread 2 slices 2.4mg
White Rice* 1 cup 2.3mg
Lobster* 4 oz. 2.25mg
Sea Bass* 4 oz. 2.17mg
Lentils* 1 cup 2.1mg
Perch* 4 oz. 2.06mg
Potatoes, boiled 1 cup 2mg
Sunflower Seeds 1 oz. 2mg
Smelt* 4 oz. 2mg
Wheat Bran ¼ cup 1.96mg
Wheat Germ ¼ cup 1.95mg
Hemp Seeds 2 Tbsp. 1.84mg
Red Bell Peppers 1 large pepper 1.82mg
Choco Peanut Why Bar 1 bar 1.80mg
Sweet Potato* 1 cup 1.76mg
Dover Sole* 4 oz. 1.76mg
Potatoes, baked 1 cup 1.7mg
Yellow Bell Peppers 1 large pepper 1.65mg
Kimchi 1 cup 1.65mg
King Crab* 4 oz. 1.52mg
Whole Wheat Flour ¼ cup 1.48mg
Flounder* 4 oz. 1.41mg
Sorghum Flour ¼ cup 1.36mg
Green Beans* 1 cup 1.3mg
Pumpkin Seeds 1 oz. 1.3mg
Carrots, raw 1 cup 1.25mg
Peaches 1 cup 1.24mg
Mushrooms* 1 oz. 1.21mg
Navy Beans* 1 cup 1.18mg
Cantaloupe 1 cup 1.17mg
Mango 1 cup 1.1mg
Almonds 1 oz. 1.03mg
Almond Butter 2 Tbsp. 1mg
Carrots* 1 cup 1mg
Tomatoes, raw 1 cup 1mg
Black Beans* 1 cup 0.97mg
Scallops* 4 oz. 0.90mg
Bulgur* 1 cup 0.90mg
Chickpeas* 1 cup 0.86mg
Wild Blueberries 1 cup 0.85mg
Pineapple 1 cup 0.82mg
Tahini 1 Tbsp. 0.81mg
Broccoli* 1 cup 0.80mg
Banana 1 medium 0.78mg
Medjool Dates 2 dates 0.77mg
Super Cacao Why Bar 1 bar 0.75mg

Zesty Lemon Why Bar 1 bar 0.73mg
Tangerines 1 cup 0.73mg
Mango Ginger Why Bar 1 bar 0.72mg
Cherry Chia Why Bar 1 bar 0.72mg
Clams* 4 oz. 0.71mg
Navel Oranges 1 cup 0.7mg
Blueberry Bliss Why Bar 1 bar 0.70mg
Apple Almond Why Bar 1 bar 0.70mg
Tart Cherries, raw 1 cup 0.62mg
Kiwi 1 cup 0.61mg
Blueberries 1 cup 0.61mg
Raisins ½ cup 0.60mg
Macadamia Nuts 1 oz. 0.60mg
Pomegranate Juice 8 fl. oz. 0.58mg
Red Cabbage* 1 cup 0.57mg
Beets* 1 cup 0.56mg
Papaya 1 cup 0.51mg
Grapefruit 1 fruit 0.5mg
Cauliflower* 1 cup 0.5mg
Valencia Oranges 1 cup 0.5mg
Pumpkin, canned ½ cup 0.45mg
Romaine Lettuce 3 cups 0.44mg
Oat Bran ½ cup 0.43mg
Flax Seeds, ground 2 Tbsp. 0.43mg
Spinach* 1 cup 0.40mg
Sesame Seeds 1 Tbsp. 0.40mg
Cashews 1 oz. 0.39mg
Quick Oats ½ cup 0.38mg
Red Cabbage, raw 1 cup 0.37mg
Fage 5% Greek Yogurt 6 oz. 0.35mg
Pecans 1 oz. 0.33mg
Walnuts 1 oz. 0.32mg
Chili Powder 1 tsp. 0.31mg
Dark Chocolate 1 oz. 0.29mg
Pears 1 medium 0.29mg
Grapes 1 cup 0.28mg
Watermelon 1 cup 0.27mg
Hummus ¼ cup 0.23mg
Paprika 1 tsp. 0.23mg
Cranberry Juice 8 fl. oz. 0.23mg
Whole Milk, raw 8 fl. oz. 0.22mg
Cranberries, dried ¼ cup 0.22mg
Watercress 4 oz. 0.22mg
Savoy Cabbage, raw 1 cup 0.21mg
Ginger, ground 1 tsp. 0.17mg
Black Walnuts 1 oz. 0.13mg
Apples 1 large 0.11mg
Cucumbers 1 cup 0.1mg
Eggs* 2 large 0.09mg
Parsley, dried 1 tsp. 0.05mg
Lemon Juice 2 fl. oz. 0.05mg
Sage, ground 1 tsp. 0.04mg
Savoy Cabbage* 1 cup 0.03mg
Garlic, raw 1 clove 0.02mg
Garlic Powder 1 tsp. 0.02mg
*cooked **purple ***yellow

<u>Vitamin B5 (Pantothenic Acid)</u>

Pantothenic Acid is a water-soluble vitamin that helps to make coenzyme A (CoA) to aid in fat metabolism. It is also useful for reducing LDL “bad” cholesterol levels. Vitamin B5 may be used to ward off stress, arthritis, infections, grey hair and skin problems.

Vitamin B5 deficiency symptoms: Atkins diet, South Beach diet, Ketogenic diet, fatigue, depression, insomnia, vomiting, muscle cramps, upper respiratory infections, burning feet, stomach pain, seizures, scaly rash,

cracked skin by the mouth, pins-and-needles sensation in the hands and feet.

The best sources of Vitamin B5:

Tangy Tangerine 2.5 1 scoop 150mg
Chicken Liver* 3 oz. 6.90mg
Beef Liver* 3 oz. 6mg
Shiitakes* 1 cup 5.20mg
Vanilla Ka'Chava 2 scoops 5mg
Chocolate Ka'Chava 2 scoops 5mg
Acai Ka'Chava 2 scoops 5mg
Caribou* 4 oz. 3.61mg
Emu, ground* 4 oz. 3.49mg
Avocado 1 medium 2.8mg
Kielbasa* 4 oz. 2.30mg
Rainbow Trout* 4 oz. 2.2mg
Duck Breast* 4 oz. 2.10mg
Sunflower Seeds 1 oz. 2mg
Sweet Potato* 1 cup 1.90mg
Lobster* 4 oz. 1.86mg
Skirt Steak* 4 oz. 1.53mg
Bluefin Tuna* 4 oz. 1.53mg
Eggs* 2 large 1.48mg
Chicken Thigh* 4 oz. 1.47mg
Pork Ribs* 4 oz. 1.46mg
Sockeye Salmon* 4 oz. 1.44mg
Ostrich, ground* 4 oz. 1.37mg
Lentils* 1 cup 1.3mg
Blue Crab, canned 1 cup 1.3mg
Elk, ground* 4 oz. 1.20mg
Mackerel* 4 oz. 1.13mg
Pesto ¼ cup 1.10mg
Chicken Breast* 4 oz. 1.10mg
Mussels* 4 oz. 1.06mg
Pork Tenderloin* 4 oz. 1mg
Corn* 1 cup 1mg
Spirulina 1 oz. 1mg
Sardines 1 cup 1mg
Acorn Squash* 1 cup 1mg
Grouper* 4 oz. 0.98mg
Whitefish* 4 oz. 0.98mg
Walleye* 4 oz. 0.98mg
Mahi Mahi* 4 oz. 0.98mg
Whole Milk, raw 8 fl. oz. 0.92mg
Smelt* 4 oz. 0.83mg
Potatoes, boiled 1 cup 0.79mg
Venison, ground* 4 oz. 0.78mg
Brown Rice* 1 cup 0.76mg
Yellowtail* 4 oz. 0.77mg
Bee Pollen 1 Tbsp. 0.75mg
Turbot* 4 oz. 0.74mg
Lamb, ground* 4 oz. 0.74mg
Pomegranate Juice 8 fl. oz. 0.71mg
Oat Bran ½ cup 0.7mg
Sorghum* 1 cup 0.7mg
Beef, ground* 4 oz. 0.68mg
Potatoes, baked 1 cup 0.67mg
Beefalo* 4 oz. 0.65mg
Wheat Germ ¼ cup 0.64mg
Grapefruit 1 fruit 0.64mg
Cauliflower* 1 cup 0.63mg
Turkey* 4 oz. 0.60mg
Brown Rice* 1 cup 0.60mg
Red Bell Peppers 1 large pepper 0.59mg
Fage 5% Greek Yogurt 6 oz. 0.56mg
Quick Oats ½ cup 0.54mg
White Rice* 1 cup 0.5mg
Pumpkin, canned ½ cup 0.5mg
Black Beans* 1 cup 0.48mg
Swordfish* 4 oz. 0.47mg
Black Walnuts 1 oz. 0.47mg
Pollock* 4 oz. 0.46mg
Chickpeas* 1 cup 0.46mg
King Crab* 4 oz. 0.45mg
Valencia Oranges 1 cup 0.45mg

Navel Oranges 1 cup 0.43mg
Tangerines 1 cup 0.42mg
Banana 1 medium 0.40mg
Kidney Beans* 1 cup 0.40mg
Medjool Dates 2 dates 0.38mg
Carrots* 1 cup 0.36mg
Peanuts* ¼ cup 0.36mg
Peanut Butter 2 Tbsp. 0.36mg
Carrots, raw 1 cup 0.35mg
Watercress 4 oz. 0.35mg
Pineapple 1 cup 0.35mg
Watermelon 1 cup 0.34mg
Cashews 1 oz. 0.34mg
Kiwi 1 cup 0.33mg
Mango 1 cup 0.32mg
Wheat Bran ¼ cup 0.31mg
Dover Sole* 4 oz. 0.31mg
Yellow Bell Peppers 1 large pepper 0.31mg
Broccoli* ½ cup 0.30mg
Cauliflower* ½ cup 0.30mg
Bacon* 1 oz. 0.29mg
Papaya 1 cup 0.27mg
Cucumbers 1 cup 0.26mg
Beets* 1 cup 0.24mg
Red Cabbage* 1 cup 0.23mg
Savoy Cabbage* 1 cup 0.23mg
Peaches 1 cup 0.23mg
Tart Cherries, raw 1 cup 0.22mg
Pumpkin Seeds 1 oz. 0.21mg
Barley* 1 cup 0.21mg
Romaine Lettuce 3 cups 0.2mg
Molasses 2 Tbsp. 0.2mg
Strawberries 1 cup 0.2mg
Pecans 1 oz. 0.2mg
Green Peas* 1 cup 0.2mg
Macadamia Nuts 1 oz. 0.2mg
Water Buffalo* 4 oz. 0.19mg
Monkfish* 4 oz. 0.19mg
Whole Wheat Flour ¼ cup 0.18mg
Blueberries 1 cup 0.18mg
Hummus ¼ cup 0.17mg
Macadamia Nuts 1 oz. 0.17mg
Sorghum Flour ¼ cup 0.16mg
Walnuts 1 oz. 0.16mg
Tomatoes, raw 1 cup 0.16mg
Cantaloupe 1 cup 0.16mg
Celery 1 large stalk 0.15mg
Almonds 1 oz. 0.13mg
Savoy Cabbage, raw 1 cup 0.13mg
Red Cabbage, raw 1 cup 0.13mg
Flax Seeds, ground 2 Tbsp. 0.13mg
Choco Peanut Why Bar 1 bar 0.12mg
Dark Chocolate 1 oz. 0.11mg
Almond Butter 2 Tbsp. 0.10mg
Pumpkins Seeds 1 oz. 0.10mg
Lemon Juice 2 fl. oz. 0.08mg
Lime Juice 2 fl. oz. 0.07mg
Pears 1 medium 0.07mg
Apples 1 large 0.07mg
Paprika 1 tsp. 0.05mg
Black Pepper 1 tsp. 0.03mg
Garlic, raw 1 clove 0.02mg
Garlic Powder 1 tsp. 0.02mg
*cooked

Vitamin B6 (Pyridoxine)

Vitamin B6 is a water-soluble vitamin that aids in the creation of glycogenolysis, gluconeogenesis, the myelin sheath, hemoglobin, serotonin and dopamine. It can also treat diabetes, stress, insomnia and motion sickness.

Vitamin B6 deficiency symptoms: Ketogenic diet, Atkins diet, South Beach diet, anemia, depression, nausea, dandruff, skin rashes.

The best sources of Vitamin B6:

Chickpeas* 1 cup 1.34mg
Vanilla Ka'Chava 2 scoops 1mg
Chocolate Ka'Chava 2 scoops 1mg
Acai Ka'Chava 2 scoops 1mg
Emu, ground* 4 oz. 0.94mg
Turkey Breast* 4 oz. 0.93mg
Sockeye Salmon* 4 oz. 0.93mg
Elk, ground* 4 oz. 0.88mg
Beef Liver* 3 oz. 0.86mg
Sorghum* 1 cup 0.85mg
Pheasant* 4 oz. 0.84mg
Quail* 4 oz. 0.70mg
Swordfish* 4 oz. 0.69mg
Chicken Breast* 4 oz. 0.68mg
Pork Chops* 4 oz. 0.66mg
Halibut* 4 oz. 0.66mg
Pork Tenderloin* 4 oz. 0.60mg
Coconut, shredded 1 cup 0.60mg
Beef Ribeye* 4 oz. 0.58mg
Ostrich, ground* 4 oz. 0.56mg
Sweet Potato* 1 cup 0.54mg
Red Bell Peppers 1 large pepper 0.54mg
Venison, ground* 4 oz. 0.53mg
Bison Ribeye* 4 oz. 0.53mg
Skirt Steak* 4 oz. 0.53mg
Mahi Mahi* 4 oz. 0.52mg
Chicken Thigh* 4 oz. 0.52mg
Water Buffalo* 4 oz. 0.52mg
Caribou* 4 oz. 0.52mg
Avocado 1 medium 0.51mg
Sea Bass* 4 oz. 0.51mg
Rosemary, dried 1 tsp. 0.5mg
Chicken Liver* 3 oz. 0.49mg
Wild Boar* 4 oz. 0.47mg
Banana 1 medium 0.46mg
Tuna* 3 oz. 0.44mg
Bison, ground* 4 oz. 0.43mg
Potatoes, boiled 1 cup 0.42mg
Moose* 4 oz. 0.42mg
Wild Goose* 4 oz. 0.41mg
Pistachios ¼ cup 0.40mg
Acorn Squash* 1 cup 0.39mg
Whitefish* 4 oz. 0.39mg
Grouper* 4 oz. 0.39mg
Rabbit* 4 oz. 0.38mg
Pinto Beans* 1 cup 0.38mg
Pollock* 4 oz. 0.37mg
Herring* 4 oz. 0.37mg
Wheat Germ ¼ cup 0.37mg
Haddock* 4 oz. 0.36mg
Wheat Bran ¼ cup 0.36mg
Potatoes, baked 1 cup 0.36mg
Lentils* 1 cup 0.35mg
Cornish Game Hen* 4 oz. 0.34mg
Green Peas* 1 cup 0.34mg
Red Cabbage* 1 cup 0.33mg
Bear* 4 oz. 0.32mg
Kimchi 1 cup 0.32mg
Monkfish* 4 oz. 0.31mg

Yellow Bell Peppers 1 large pepper 0.31mg
Turbot* 4 oz. 0.27mg
Butternut Squash* 1 cup 0.25mg
Broccoli* 1 cup 0.25mg
Brown Rice* 1 cup 0.24mg
Hummus ¼ cup 0.23mg
Green Beans* 1 cup 0.23mg
Carrots* 1 cup 0.23mg
Marinara Sauce ½ cup 0.22mg
Savoy Cabbage* 1 cup 0.22mg
Savoy Cabbage, raw 1 cup 0.22mg
Chickpeas* 1 cup 0.22mg
Rainbow Trout* 4 oz. 0.22mg
Yellowtail* 4 oz. 0.21mg
Cauliflower* 1 cup 0.21mg
King Crab* 4 oz. 0.20mg
Tilapia* 4 oz. 0.20mg
Wheat Bran ¼ cup 0.19mg
Smelt* 4 oz. 0.19mg
Onions 1 cup 0.19mg
Mango 1 cup 0.19mg
Catfish* 4 oz. 0.19mg
Barley* 1 cup 0.18mg
Pineapple 1 cup 0.18mg
Red Cabbage, raw 1 cup 0.18mg
Carrots, raw 1 cup 0.17mg
Peanut Butter 2 Tbsp. 0.17mg
Peanuts* ¼ cup 0.17mg
Hazelnuts 1 oz. 0.17mg
Dover Sole* 4 oz. 0.16mg
Lamb, ground* 4 oz. 0.16mg
Cinnamon Ezekiel Bread 2 slices 0.16mg
Eggs* 2 large 0.16mg
Black Walnuts 1 oz. 0.15mg
Walnuts 1 oz. 0.15mg
Tangerines 1 cup 0.15mg
Perch* 4 oz. 0.15mg
Pike* 4 oz. 0.15mg
Walleye* 4 oz. 0.15mg
Watercress 4 oz. 0.14mg
Tomatoes, raw 1 cup 0.14mg
Passion Fruit Juice*** 8 fl. oz. 0.14mg
Black Beans* 1 cup 0.14mg
Lobster* 4 oz. 0.14mg
Corn* 1 cup 0.13mg
Navel Oranges 1 cup 0.13mg
Grapefruit 1 fruit 0.13mg
Cranberry Juice 8 fl. oz. 0.13mg
Grapes 1 cup 0.13mg
Cottage Cheese 1 cup 0.12mg
Flounder* 4 oz. 0.12mg
Medjool Dates 2 dates 0.12mg
Hemp Seeds 2 Tbsp. 0.12mg
Whole Wheat Flour ¼ cup 0.12mg
Passion Fruit Juice** 8 fl. oz. 0.12mg
Beets* 1 cup 0.11mg
Cantaloupe 1 cup 0.11mg
Kiwi 1 cup 0.11mg
Valencia Oranges 1 cup 0.11mg
Pomegranate Juice 8 fl. oz. 0.1mg
Fage 5% Greek Yogurt 6 oz. 0.1mg
Romaine Lettuce 3 cups 0.1mg
Macadamia Nuts 1 oz. 0.1mg
Scallops* 4 oz. 0.09mg
Tart Cherry Juice 8 fl. oz. 0.09mg
Sorghum Flour ¼ cup 0.09mg
Whole Milk, raw 8 fl. oz. 0.08mg
Blueberries 1 cup 0.08mg
Bacon* 1 oz. 0.08mg
Oat Bran ½ cup 0.07mg
Cashews 1 oz. 0.07mg
Sesame Seeds 1 Tbsp. 0.07mg
Pumpkin, canned ½ cup 0.07mg

Flax Seeds, ground 2 Tbsp. 0.06mg
Bee Pollen 1 Tbsp. 0.06mg
Watermelon 1 cup 0.06mg
Tart Cherries, raw 1 cup 0.06mg
Spinach, raw 1 cup 0.06mg
Grits* 1 cup 0.06mg
Pecans 1 oz. 0.06mg
Choco Peanut Why Bar 1 bar 0.06mg
Apples 1 large 0.05mg
Papaya 1 cup 0.05mg
Paprika 1 tsp. 0.05mg
Chili Powder 1 tsp. 0.05mg
Garlic Powder 1 tsp. 0.05mg
Pears 1 medium 0.04mg
Pumpkin Seeds 1 oz. 0.04mg
Almonds 1 oz. 0.04mg
Celery 1 large stalk 0.04mg
Cucumbers 1 cup 0.04mg
Quick Oats ½ cup 0.04mg
Cayenne Pepper 1 tsp. 0.04mg
Lemon Juice 2 fl. oz. 0.03mg
Almond Butter 2 Tbsp. 0.03mg
Cherry Chia Why Bar 1 bar 0.03mg
Zesty Lemon Why Bar 1 bar 0.03mg
Mango Ginger Why Bar 1 bar 0.03mg
Blueberry Bliss Why Bar 1 bar 0.03mg
Apple Almond Why Bar 1 bar 0.03mg
Super Cacao Why Bar 1 bar 0.03mg
Peaches 1 cup 0.03mg
Garlic, raw 1 clove 0.03mg
Sage, ground 1 tsp. 0.02mg
Tahini 1 Tbsp. 0.02mg
Clams* 4 oz. 0.02mg
Lime Juice 2 fl. oz. 0.02mg
*cooked **purple ***yellow

Vitamin B7 (Biotin)

Vitamin B7 is a water-soluble vitamin that enables fatty acid, amino acid and glucose metabolism. It is also crucial for strong hair, eyes, skin and nails.

Vitamin B7 deficiency symptoms: Atkins diet, South Beach diet, Paleo diet, Primal diet, Ketogenic diet, brittle nails, hair loss, skin rashes, skin infections, chronic fatigue, depression, hypotonia, hallucinations.

The best sources of Vitamin B7:

Tangy Tangerine 2.5 1 scoop 750mcg
Chicken Liver* 3 oz. 181mcg
Vanilla Ka'Chava 2 scoops 75mcg
Chocolate Ka'Chava 2 scoops 75mcg
Acai Ka'Chava 2 scoops 75mcg
Rice Bran 3 oz. 56mcg
Green Peas* 1 cup 40mcg
Lentils* 1 cup 40mcg
Beef Liver* 3 oz. 30mcg
Pecans ¼ cup 28mcg
Nutritional Yeast 2 Tbsp. 21mcg
Eggs 2 large 20mcg
Quick Oats ½ cup 15.5mcg

Onions 1 cup 8mcg
Tomatoes, raw 1 cup 7.2mcg
Peanuts* ¼ cup 6.4mcg
Carrots, raw 1 cup 6.1mcg
Mushrooms 1 cup 5.9mcg
Walnuts ¼ cup 5.7mcg
Avocado 1 medium 5.4mcg
Pork Chops* 4 oz. 5mcg
Beef* 4 oz. 5mcg
Sweet Potatoes* 1 cup 4.8mcg
Whole Milk, raw 8 fl. oz. 4.64mcg
Sockeye Salmon* 4 oz. 4.54mcg
Fage 5% Greek Yogurt 1 cup 3.92mcg
Banana 1 medium 3.07mcg
Romaine Lettuce 3 cups 2.7mcg
Sunflower Seeds ¼ cup 2.6mcg
Grapefruit 1 fruit 2.56mcg
Choco Peanut Why Bar 1 bar 2.4mcg
Super Cacao Why Bar 1 bar 2.4mcg
Raspberries 1 cup 2.34mcg
Apple Almond Why Bar 1 bar 2mcg
Blueberry Bliss Why Bar 1 bar 2mcg
Mango Ginger Why Bar 1 bar 2mcg
Zesty Lemon Why Bar 1 bar 2mcg
Cherry Chia Why Bar 1 bar 2mcg
Cauliflower* 1 cup 1.61mcg
Strawberries 1 cup 1.58mcg
Watermelon 1 cup 1.52mcg
Almonds ¼ cup 1.5mcg
Cucumber 1 cup 0.94mcg
Tuna, canned 3 oz. 0.6mcg
Broccoli* ½ cup 0.5mcg
Spinach* ½ cup 0.5mcg
Cheddar Cheese 1 oz. 0.4mcg
Bee Pollen 1 Tbsp. 0.06mcg
Whole Wheat Bread 2 slices 0.04mcg
*cooked

Vitamin B9 (Folate)

Vitamin B9 is a water-soluble vitamin that is the key for red blood cell production, protein metabolism, amino acid synthesis and for proper neural tube formation in fetuses. Folate helps to protect the body against coronary heart disease.

Vitamin B9 deficiency symptoms: veganism, vegetarianism, Atkins diet, South Beach diet, Gluten-free diet, Ketogenic diet, Paleo diet, Primal diet, fatigue, irritability, headaches, heart palpitations, anemia, shortness of breath, dizziness, red tongue, depression, neural tube defect in infants of folate-deficient mothers, panic attacks, early gray hair, canker sores and anxiety.

The best sources of Vitamin B9:

Great Northern Beans* 1 cup 853mcg
Tangy Tangerine 2.5 1 scoop 667mcg
Chicken Liver* 3 oz. 494mcg
Lentils* 1 cup 358mcg
Vanilla Ka’Chava 2 scoops 333mcg

Chocolate Ka’Chava 2 scoops 333mcg
Acai Ka’Chava 2 scoops 333mcg
Pinto Beans* 1 cup 294mcg
Beef Liver* 4 oz. 292mcg
Chickpeas* 1 cup 282mcg
Asparagus* 1 cup 268mcg
Spinach* 1 cup 262mcg
Black Beans* 1 cup 256mcg
Kidney Beans* 1 cup 230mcg
Black Eyed Peas* 1 cup 209mcg
Romaine Lettuce 3 cups 191mcg
Turnip Greens* 1 cup 171mcg
Avocado 1 medium 162mcg
Macaroni* 1 cup 142mcg
Beets* 1 cup 136mcg
Egg Noodles* 1 cup 134mcg
Grits* 1 cup 122mcg
Peanut Butter 2 Tbsp. 119mcg
Green Peas* 1 cup 100mcg
Red Bell Peppers 1 large pepper 85mcg
Broccoli* 1 cup 86mcg
Brussels Sprouts* 1 cup 83mcg
Wheat Germ ¼ cup 80.8mcg
Cauliflower* 1 cup 78mcg
Kimchi 1 cup 78mcg
Quinoa* 1 cup 77mcg
Mango 1 cup 71mcg
Valencia Oranges 1 cup 70mcg
Sunflower Seeds 1 oz. 66mcg
Savoy Cabbage, raw 1 cup 66mcg
Corn* 1 cup 60mcg
Pomegranate Juice 8 fl. oz. 59mcg
Spinach, raw 1 cup 58mcg
King Crab* 4 oz. 57mcg
Savoy Cabbage* 1 cup 56mcg
Navel Oranges 1 cup 56mcg
Cauliflower* 1 cup 54mcg
Papaya 1 cup 53mcg
Green Beans* 1 cup 52mcg
Yellow Bell Peppers 1 large pepper 48mcg
Kiwi 1 cup 45mcg
Eggs* 2 large 43mcg
Sorghum* 1 cup 38mcg
Red Cabbage* 1 cup 36mcg
Hummus ¼ cup 35mcg
Peanuts* 1 oz. 34mcg
Cantaloupe 1 cup 33mcg
Grapefruit 1 fruit 32mcg
Tangerines 1 cup 31mcg
Tilapia* 4 oz. 30mcg
Pineapple 1 cup 29mcg
Tomatoes, raw 1 cup 27mcg
Walnuts 1 oz. 27mcg
Peanut Butter 2 Tbsp. 27mcg
Banana 1 medium 25mcg
Barley* 1 cup 25mcg
Oat Bran ½ cup 24mcg
Carrots, raw 1 cup 24mcg
Celery 1 large stalk 23mcg
Quick Oats ½ cup 22mcg
Hemp Seeds 2 Tbsp. 22mcg
Lamb, ground* 4 oz. 21mcg
Carrots* 1 cup 21mcg
Scallops* 4 oz. 20mcg
Bison Ribeye* 4 oz. 20mcg
Beefalo* 4 oz. 20mcg
Sweet Potato* 1 cup 19mcg
Passion Fruit Juice*** 8 fl. oz. 19mcg
Whitefish* 4 oz. 19mcg
Walleye* 4 oz. 19mcg
Pike* 4 oz. 19mcg
Cashews 1 oz. 19mcg
Bison, ground* 4 oz. 18.14mcg
Brown Rice* 1 cup 18mcg
Passion Fruit Juice** 8 fl. oz. 17.3mcg
Almond Butter 2 Tbsp. 16.96mcg

Choco Peanut Why Bar 1 bar 16mcg
Pumpkin Seeds 1 oz. 16mcg
Red Cabbage, raw 1 cup 16mcg
Scallions 1 scallion 16mcg
Ostrich, ground* 4 oz. 15.88mcg
Haddock* 4 oz. 15mcg
Tahini 1 Tbsp. 14.7mcg
Rainbow Trout* 4 oz. 14.7mcg
Pumpkin, canned ½ cup 14.7mcg
Sockeye Salmon* 4 oz. 14mcg
Lobster* 4 oz. 14mcg
Potatoes, boiled 1 cup 14mcg
Whole Wheat Flour ¼ cup 13.2mcg
Catfish* 4 oz. 13mcg
Chia Seeds 2 Tbsp. 13mcg
Super Cacao Why Bar 1 bar 12.5mcg
Almonds 1 oz. 12.47mcg
Zesty Lemon Why Bar 1 bar 12mcg
Whole Milk, raw 8 fl. oz. 12mcg
Lemon Juice 2 fl. oz. 12mcg
Herring* 4 oz. 12mcg
Flax Seeds, ground 2 Tbsp. 12mcg
Tart Cherries, raw 1 cup 12mcg
Cherry Chia Why Bar 1 bar 11.5mcg
Wheat Bran ¼ cup 11.46mcg
Mango Ginger Why Bar 1 bar 11.3mcg
Blueberry Bliss Why Bar 1 bar 11.2mcg
Apple Almond Why Bar 1 bar 11mcg
Grouper* 4 oz. 11mcg
Potatoes, baked 1 cup 11mcg
Watercress 4 oz. 10mcg
Water Buffalo* 4 oz. 10mcg
Antelope* 4 oz. 10mcg
Turbot* 4 oz. 10mcg
Emu, ground* 4 oz. 10mcg
Rabbit* 4 oz. 9mcg
Elk, ground* 4 oz. 9mcg
Monkfish* 4 oz. 9mcg
Black Walnuts 1 oz. 8.8mcg
Fage 5% Greek Yogurt 6 oz. 8.5mcg
Blueberries 1 cup 8mcg
Sesame Seeds 1 Tbsp. 8mcg
Clams* 4 oz. 7.94mcg
Sorghum Flour ¼ cup 7.56mcg
Cucumbers 1 cup 7.28mcg
Medjool Dates 2 dates 7.2mcg
Beef Ribeye* 4 oz. 7mcg
Quail* 4 oz. 6.80mcg
Wild Boar* 4 oz. 6.80mcg
Sea Bass* 4 oz. 6.80mcg
Lime Juice 2 fl. oz. 6.16mcg
Perch* 4 oz. 6mcg
Flounder* 4 oz. 6mcg
Mahi Mahi* 4 oz. 6mcg
Bear* 4 oz. 6mcg
Peaches 1 cup 6mcg
Pecans 1 oz. 6mcg
Parsley, raw 1 Tbsp. 5.78mcg
Caribou* 4 oz. 5.67mcg
Chicken Thigh* 4 oz. 5.67mcg
White Rice* 1 cup 4.74mcg
Watermelon 1 cup 4.6mcg
Venison, ground* 4 oz. 4.5mcg
Chicken Breast* 4 oz. 4.5mcg
Moose* 4 oz. 4mcg
Apples 1 large 3.75mcg
Rosemary, dried 1 tsp. 3.68mcg
Basil, raw 2 Tbsp. 3.60mcg
Chives, raw 1 Tbsp. 3.15mcg
Curry Powder 1 tsp. 3mcg
Grapes 1 cup 3mcg
Macadamia Nuts 1 oz. 2.83mcg
Thyme, dried 1 tsp. 2.74mcg

Cranberry Juice 8 fl. oz. 2.53mcg
Oregano, dried 1 tsp. 2.37mcg
Basil, dried 1 tsp. 2.17mcg
Sage, ground 1 tsp. 1.92mcg
Cacao Powder 1 Tbsp. 1.67mcg
Dill Weed, raw 1 tsp. 1.5mcg
Garlic Powder 1 tsp. 1.46mcg
Paprika 1 tsp. 1.13mcg
Brazil Nuts 1 kernel 1.1mcg
Butter 2 Tbsp. 0.85mcg
Bacon* 1 oz. 0.57mcg
Bee Pollen 1 Tbsp. 0.44mcg
Chives, dried 1 Tbsp. 0.22mcg
Ginger, ground 1 tsp. 0.22mcg
Ginger, raw 1 tsp. 0.22mcg
Cloves, ground ¼ tsp. 0.12mcg
Garlic, raw 1 clove 0.09mcg
*cooked **purple ***yellow

Vitamin B12 (Cobalamin)

Vitamin B12 is a water-soluble vitamin that aids red blood cell production, increases energy levels, alleviates depression, slows down macular degeneration, strengthens bones, and improves nerve function along with protein, carbohydrate and fat metabolism. Vitamin B12 needs to be taken with calcium to properly absorb. Vitamin B12 deficiency may take up to 3-5 years to appear since it is a very slow process to deplete the body's B12 reserve.

Vitamin B12 deficiency symptoms: veganism, vegetarianism, Gluten-free diet, Paleo diet, Primal diet, mouth ulcers, inflamed tongue, depression, dementia, anemia, fatigue, shortness of breath, tingling sensation in the hands and feet, loss of reflexes, confusion, recurring canker sores, early gray hair and difficulty walking.

The best sources of Vitamin B12:

Tangy Tangerine 2.5 1 scoop 1,000mcg
Beef Liver* 4 oz. 93.49mcg
Lamb Liver* 4 oz. 65.2mcg
Mackerel* 4 oz. 43mcg
Nutritional Yeast** 1 Tbsp. 33.78mcg
Oysters* 4 oz. 32mcg
Mussels* 4 oz. 27mcg
Bluefin Tuna* 4 oz. 24mcg
Clams* 4 oz. 22.93mcg
Chicken Liver* 4 oz. 17.09mcg
Herring* 4 oz. 16.10mcg
King Crab* 4 oz. 13mcg
Sardines 4 oz. 10.14mcg
Emu, ground* 4 oz. 9.66mcg
Caribou* 4 oz. 8.94mcg
Rainbow Trout* 4 oz. 8.8mcg
Skirt Steak* 4 oz. 8.53mcg
Rabbit* 4 oz. 7.35mcg
Moose* 4 oz. 7.16mcg
Ostrich, ground* 4 oz. 6.51mcg
Sockeye Salmon* 4 oz. 5.67mcg
Beef Tenderloin* 4 oz. 5.20mcg
Herring, pickled 4 oz. 4.84mcg
Elk, ground* 4 oz. 4.8mcg
Smelt* 4 oz. 4.50mcg
Pollock* 4 oz. 4.17mcg

Venison Filet* 4 oz. 4.13mcg
Liverwurst 1 oz. 3.82mcg
Catfish* 4 oz. 3.49mcg
Beef, ground* 4 oz. 3.16mcg
Vanilla Ka'Chava 2 scoops 3mcg
Chocolate Ka'Chava 2 scoops 3mcg
Acai Ka'Chava 2 scoops 3mcg
Lamb, ground* 4 oz. 2.96mcg
Beefalo* 4 oz. 2.89mcg
Turbot* 4 oz. 2.88mcg
Lamb Chop* 4 oz. 2.83mcg
Bear* 4 oz. 2.80mcg
Bison, ground* 4 oz. 2.77mcg
Beef Ribeye* 4 oz. 2.69mcg
Walleye* 4 oz. 2.62mcg
Pike* 4 oz. 2.57mcg
Perch* 4 oz. 2.44mcg
Elk, ground* 4 oz. 2.42mcg
Cod* 4 oz. 2.40mcg
Haddock* 4 oz. 2.35mcg
Venison, ground* 4 oz. 2.12mcg
Tilapia* 4 oz. 2.03mcg
Water Buffalo* 4 oz. 1.98mcg
Dover Sole* 4 oz. 1.92mcg
Turkey* 4 oz. 1.87mcg
Swordfish* 4 oz. 1.84mcg
Scallops* 4 oz. 1.81mcg
Lobster* 4 oz. 1.77mcg
Bison Ribeye* 4 oz. 1.46mcg
Flounder* 4 oz. 1.45mcg
Yellowtail* 4 oz. 1.42mcg
Fage 5% Greek Yogurt 1 cup 1.28mcg
Shrimp* 4 oz. 1.23mcg
Monkfish* 4 oz. 1.18mcg
Whole Milk, raw 8 fl. oz. 1.10mcg
Whitefish* 4 oz. 1.09mcg
Eggs* 2 large 0.93mcg
Ham* 4 oz. 0.81mcg
Wild Boar* 4 oz. 0.79mcg
Grouper* 4 oz. 0.78mcg
Mahi Mahi* 4 oz. 0.78mcg
Haddock* 4 oz. 0.56mcg
Chicken Thigh* 4 oz. 0.48mcg
Quail* 4 oz. 0.41mcg
Sea Bass* 4 oz. 0.39mcg
Chicken Breast* 4 oz. 0.39mcg
Bacon* 1 oz. 0.33mcg
Cornish Game Hen* 4 oz. 0.32mcg
Cheddar Cheese 1 oz. 0.30mcg
Dark Chocolate 1 oz. 0.08mcg
Butter 2 Tbsp. 0.05mcg
*cooked, **fortified

Vitamin C (Ascorbic Acid)

Vitamin C is a water-soluble vitamin that is used for the synthesis of L-carnitine, norepinephrine and collagen (the protein that holds our body together). This vitamin is one of the most powerful antioxidants which may help treat eye problems, lower blood pressure, fight off viral and bacterial infections and may prevent diabetes, heart disease, scurvy, cancer, inflammation and lead poisoning.

Vitamin C helps with the formation of collagen, a structural protein that holds our bodies together. Collagen is responsible for strong bones, skin, teeth, gums and blood vessels. It's hilarious to see spoiled housewives in the

suburbs sucking down expensive collagen powder when they could be eating more Vitamin C rich foods!

Vitamin C aids in the absorption of iron. It is also important for neutralizing free radicals in the body. Many thanks to the late Linus Pauling for his remarkable work in the field of Vitamin C. Vitamin C effectiveness dramatically increases with calcium, copper, iron and sodium. Humans cannot synthesize Vitamin C so we have to get Vitamin C from food and supplements.

Vitamin C deficiency symptoms: Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, hair loss, bleeding gums, skin spots, fatigue, scurvy, craving sour foods, easy bruising, lowered immunity to infection, slower wound healing, gingivitis, nosebleeds, weight gain, dry skin, painful joints.

The best sources of Vitamin C:

Acerola Cherry Juice 8 fl. oz. 3,872mg
Tangy Tangerine 2.5 1 scoop 1,250mg
Guavas, fresh 1 cup 376mg
Yellow Bell Peppers 1 large 341mg
Camu Powder 1 ½ Tbsp. 240mg
Red Bell Peppers 1 large pepper 237mg
Kiwi 1 cup 167mg
Orange Bell Peppers 1 large 127mg
Orange Juice, raw 8 fl. oz. 124mg
Broccoli* 1 cup 122mg
Brussels Sprouts* 1 cup 116mg
Black Currants, raw ½ cup 101mg
Navel Oranges 1 cup 97.5mg
Strawberries 1 cup 97mg
Papaya 1 cup 88mg
Valencia Oranges 1 cup 87mg
Green Bell Peppers 1 large 80mg
Pineapple 1 cup 79mg
Grapefruit 1 fruit 77mg
Passion Fruit Juice** 8 fl. oz. 73mg
Mango 1 cup 60mg
Cantaloupe 1 cup 58mg
Cauliflower* 1 cup 55mg
Tangerines 1 cup 52mg
Red Cabbage* 1 cup 50mg
Red Cabbage, raw 1 cup 50mg
Watercress 4 oz. 48mg
Passion Fruit Juice*** 8 fl. oz. 45mg
Coconut Water 16 fl. oz. 44mg
Sweet Potato* 1 cup 42mg
Black Raspberries 1 cup 35mg
Red Raspberries 1 cup 32mg
Butternut Squash* 1 cup 31mg
Blackberries 1 cup 30mg
Vanilla Ka’Chava 2 scoops 30mg
Chocolate Ka’Chava 2 scoops 30mg
Acai Ka’Chava 2 scoops 30mg
Honeydew Melon 1 cup 27mg
Tomatoes, raw 1 cup 24mg
Savoy Cabbage, raw 1 cup 24mg
Cranberry Juice 8 fl. oz. 23.5mg

Lemon Juice 2 fl. oz. 23.5mg
Chicken Liver* 3 oz. 23mg
Savoy Cabbage* 1 cup 21mg
Avocado 1 medium 20mg
Green Beans* 1 cup 19mg
Lime Juice 2 fl. oz. 18.5mg
Potatoes, baked 1 cup 15.6mg
Tart Cherries, raw 1 cup 15.5mg
Apricots 1 cup 15mg
Plums 1 cup 14mg
Blueberries 1 cup 14mg
Asparagus* 1 cup 13mg
Watermelon 1 cup 12.5mg
Persimmon 1 fruit 12mg
Potatoes, boiled 1 cup 11.5mg
Peaches 1 cup 10.2mg
Banana 1 medium 10mg
Bartlett Pears 1 large 10mg
Corn* 1 cup 10mg
Beefalo* 4 oz. 10mg
King Crab* 4 oz. 8mg
Pears 1 medium 8mg
Pomegranate ½ cup 8mg
Carrots, raw 1 cup 7mg
Beets* 1 cup 6mg
Romaine Lettuce 3 cups 5.6mg
Apples 1 large 5mg
Parsley, raw 1 Tbsp. 5mg
Moose* 4 oz. 5mg
Pumpkin, canned ½ cup 5mg
Carrots* 1 cup 5mg
Pike* 4 oz. 5mg
Grapes 1 cup 4.8mg
Hummus ¼ cup 4.7mg
Scallions 1 scallion 4.7mg
Caribou* 4 oz. 3.4mg
Yellowtail* 4 oz. 3.3mg
Duck Breast* 4 oz. 3.2mg
Lentils* 1 cup 3mg
Cucumbers 1 cup 3mg
Pheasant* 4 oz. 2.6mg
Quail 4 oz. 2.6mg
Perch* 4 oz. 2.5mg
Celery 1 large stalk 2mg
Chickpeas* 1 cup 2mg
Turbot* 4 oz. 2mg
Chives, raw 1 Tbsp. 1.7mg
Cayenne Pepper 1 tsp. 1.40mg
Herring* 4 oz. 1.40mg
Chives, dried 1 Tbsp. 1.30mg
Thyme, raw 1 tsp. 1.30mg
Monkfish* 4 oz. 1.10mg
Wild Salmon* 4 oz. 1mg
Garlic, raw 1 clove 1mg
Basil, raw 2 Tbsp. 1mg
Dill Weed, raw 1 tsp. 0.8mg
Rosemary, dried 1 tsp. 0.7mg
Bee Pollen 1 Tbsp. 0.7mg
Rainbow Trout* 4 oz. 0.6mg
Scallops* 4 oz. 0.6mg
Sea Bass* 4 oz. 0.6mg
Haddock* 4 oz. 0.6mg
Flounder* 4 oz. 0.6mg
Catfish* 4 oz. 0.6mg
Cornish Game Hen* 4 oz. 0.6mg
Parsley, dried 1 tsp. 0.6mg
Thyme, dried 1 tsp. 0.5mg
Black Walnuts 1 oz. 0.5mg
Dill Weed, dried 1 tsp. 0.5mg
Pumpkin Seeds 1 oz. 0.5mg
Chia Seeds 2 Tbsp. 0.5mg
Macadamia Nuts 1 oz. 0.2mg
Sage, ground 1 tsp. 0.2mg
Pomegranate Juice 8 fl. oz. 0.2mg
Sorghum Flour ¼ cup 0.2mg
Poppy Seeds 1 Tbsp. 0.1mg
Flax Seeds, ground 2 Tbsp. 0.1mg
Hemp Seeds 2 Tbsp. 0.1mg
Ginger, raw 1 tsp. 0.1mg
*cooked **purple ***yellow

Vitamin D (D2-Ergocalciferol, D3-Cholecalciferol)

Vitamin D is a fat-soluble steroid hormone precursor that comes from food, supplements and from sunlight with the help of CHOLESTEROL. Vitamin D2 comes from plants and mushrooms and D3 is synthesized in the skin after getting sun exposure and found in fatty fish and eggs. Calcifediol, from plants, animals and sunlight is the precursor for the active form of vitamin D, calcitriol. Vitamin D can be stored in the liver for up to 100 days. When sunlight hits our skin, it aligns with a cholesterol metabolite. From there it is processed through the liver and then through the kidney to activate the actual Vitamin D3 molecule.

It is important to note that there are 6 types of skin. The darker the skin (melanin content), the more sun (Vitamin D) that you will need. People with very dark skin only produce 1/6th of the Vitamin D compared to fair-skinned people at the same time. "High noon" is the best time of the day to soak up the sun. Researchers in Oslo, Norway have studied participants who were in the midday summer sunlight for 30 minutes. This was equivalent to 250-500 mcg of Vitamin D. On average, 10-30 minutes of sunlight three times per week, between 10 AM – 3 PM, would be sufficient for proper Vitamin D levels.

Even spending a few minutes in the sun throughout the week is beneficial. For best results, run around outside with no shirt on. My neighbors believe that I do not own any shirts. No one is going to get enough sunlight from a little bit on their arms or face. The more skin that you expose to midday sun, the better. Obviously, I am not advising you to live all day every day in the sun. Some sun is better than too much sun, let's not get it twisted. Many people cannot handle the nuance of going out to absorb sunlight. Years ago, one of my close friends recalled a story of when he was picking up a prescription at a local pharmacy.

The pharmacist gasped, "Wow, how much sun are you getting?"
"I don't know, ten, fifteen minutes here and there."
"Sunlight gives you skin cancer, you should never be out in the sun."

For the next 50 years, my friend avoided the sun at all costs. Long sleeves, staying inside, terrified. At age 76, his doctor advised him to start supplementing Vitamin D and getting 10-15 minutes of sun a few times per week. It's sad to see that many people, including your friends and family, live in FEAR and blindly follow misleading advice from absolute morons. Remember, FEAR is simply False Evidence Appearing Real.

Vitamin D helps to maintain a strong immune system, helps to regulate glucose levels and promotes the absorption of calcium and phosphorus in our small intestines and bones. Vitamin D improves brain function in the elderly. Vitamin D may reduce your risk for various cancers (breast, colon, ovarian and prostate) and Alzheimer's disease.

When Vitamin D is taken with Vitamin A & C, it may prevent the common cold and flu. Vitamin D works very well with CHOLESTEROL, Vitamin A, Vitamin C, choline, phosphorus, calcium, copper, magnesium, selenium and sodium.

Vitamin D deficiency symptoms: Atkins diet, South Beach diet, Low Fat diet, Gluten-free diet, Ketogenic diet, Paleo diet, Primal diet, rickets, pregnant women, osteoporosis, cancer, depression, arthritis, diabetes, weak muscles, lactose intolerance, following a vegan or vegetarian diet, celiac disease, working the overnight shift, IBS, obesity. To check for a Vitamin D deficiency, have your doctor administer a serum 25-hydroxyvitamin D test.

Outside of SUNLIGHT, aka UVB radiation, these are the best sources of Vitamin D:

Tangy Tangerine 2.5 1 scoop 25mcg
Rainbow Trout* 4 oz. 22.68mcg
Swordfish* 4 oz. 19.84mcg
Mackerel* 4 oz. 19.05mcg
Wild Sockeye Salmon* 4 oz. 18.94mcg
Pompano* 4 oz. 15.76mcg
Sturgeon* 4 oz. 14.28mcg
Barracuda* 4 oz. 13.04mcg
Lard** 1 Tbsp. 12.5-25mcg
Cod Liver Oil 1 tsp. 11.25mcg
Wild Coho Salmon* 4 oz. 10.20mcg
Eggs, pasture raised* 2 large 10mcg
Sea Bass* 4 oz. 8.05mcg
Halibut* 4 oz. 6.53mcg
Bluefin Tuna* 4 oz. 6.46mcg
Herring* 4 oz. 5.78mcg
Rockfish* 4 oz. 5.21mcg
Vanilla Ka'Chava 2 scoops 5mcg
Chocolate Ka'Chava 2 scoops 5mcg
Acai Ka'Chava 2 scoops 5mcg
Dover Sole* 4 oz. 4.76mcg
Tilapia* 4 oz. 4.42mcg
Perch* 4 oz. 4.31mcg
Sardines, canned 3 oz. 4.08mcg
Flounder* 4 oz. 3.86mcg
Pike* 4 oz. 3.52mcg
Morel Mushrooms 1 cup 3.40mcg
Herring, pickled 4 oz. 3.18mcg
Whole Milk, raw 8 fl. oz. 3.10mcg
Halloumi Cheese 1 oz. 2.20mcg
Whiting* 4 oz. 2.04mcg
Anchovies, canned 4 oz. 1.93mcg
Pork Ribs* 4 oz. 1.47mcg
Pepperoni* 4 oz. 1.47mcg
Beef Liver* 4 oz. 1.35mcg
Bratwurst* 4 oz. 0.93mcg

Ham* 4 oz. 0.91mcg
Knackwurst* 4 oz. 0.79mcg
Cod* 4 oz. 0.68mcg
Haddock* 4 oz. 0.68mcg
Pork Chops* 4 oz. 0.56mcg
Butter 2 Tbsp. 0.44mcg
Catfish* 4 oz. 0.34mcg
Pheasant* 4 oz. 0.23mcg
Chicken Thigh* 4 oz. 0.23mcg
Quail* 4 oz. 0.23mcg
Shiitake Mushrooms 1 oz. 0.20mcg
Queso Blanco Cheese 1 oz. 0.20mcg
Cheddar Cheese 1 oz. 0.17mcg
Muenster Cheese 1 oz. 0.17mcg
Monterey Cheese 1 oz. 0.17mcg
Gruyere Cheese 1 oz. 0.17mcg
Fontina Cheese 1 oz. 0.17mcg
Colby Cheese 1 oz. 0.17mcg
Colby Jack Cheese 1 oz. 0.17mcg
Fage 5% Greek Yogurt 6 oz. 0.17mcg
Goat Cheese 1 oz. 0.14mcg
Brie Cheese 1 oz. 0.14mcg
Romano Cheese 1 oz. 0.14mcg
Edam Cheese 1 oz. 0.14mcg
Gouda Cheese 1 oz. 0.14mcg
Provolone Cheese 1 oz. 0.13mcg
Parmesan Cheese 1 oz. 0.13mcg
Feta Cheese 1 oz. 0.11mcg
Camembert Cheese 1 oz. 0.11mcg
Chicken Breast* 4 oz. 0.11mcg
Ostrich, ground* 4 oz. 0.11mcg
Wild Goose* 4 oz. 0.11mcg
Lamb, ground* 4 oz. 0.11mcg
Cornish Game Hen* 4 oz. 0.11mcg
Mozzarella Cheese 1 oz. 0.11mcg
Beef Ribeye* 4 oz. 0.10mcg
Ricotta 1 oz. 0.06mcg
Beef, ground* 4 oz. 0.05mcg
*cooked **from pasture-raised pigs

<u>Vitamin E (Alpha-Tocopherol)</u>

Vitamin E is a fat-soluble vitamin that acts an anti-aging antioxidant that eliminates the free radicals in the body. This vitamin also improves blood circulation. Vitamin E is best combined with calcium, iron, manganese, phosphorus, potassium, selenium, sodium and zinc.

Vitamin E has many derivatives: alpha tocopherol, beta tocopherol, delta tocopherol, gamma tocopherol, alpha tocotrienol, beta tocotrienol, delta tocotrienol, gamma tocotrienol.

Vitamin E deficiency symptoms: Atkins diet, South Beach diet, Low Fat diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Ketogenic diet, Paleo diet, Primal diet, muscle weakness, nerve damage, poor coordination when walking, vision problems, Alzheimer’s disease, heart disease.

The best sources of Vitamin E:

Tangy Tangerine 2.5 1 scoop 40mg
Vanilla Ka'Chava 2 scoops 10mg
Chocolate Ka'Chava 2 scoops 10mg
Acai Ka'Chava 2 scoops 10mg
Almond Butter 2 Tbsp. 7.75mg
Sunflower Seeds 1 oz. 7.40mg
Almonds 1 oz. 7.27mg
Pesto ¼ cup 4.60mg
Wheat Germ ¼ cup 4.53mg
Hazelnuts 1 oz. 4.33mg
Avocado 1 medium 4.16mg
Grapeseed Oil 1 Tbsp. 3.90mg
Spinach* 1 cup 3.70mg
Sweet Potato* 1 cup 3.08mg
Cranberry Juice 8 fl. oz. 3mg
Red Bell Peppers 1 large pepper 2.94mg
Peanut Butter 2 Tbsp. 2.9mg
Zesty Lemon Why Bar 1 bar 2.8mg
Swordfish* 4 oz. 2.73mg
Pine Nuts 1 oz. 2.70mg
Asparagus* 1 cup 2.70mg
Butternut Squash* 1 cup 2.64mg
Kiwi 1 cup 2.63mg
Shrimp* 4 oz. 2.53mg
Super Cacao Why Bar 1 bar 2.50mg
Blue Crab, canned 1 cup 2.50mg
Canola Oil 1 Tbsp. 2.44mg
Apple Almond Why Bar 1 bar 2.30mg
Blueberry Bliss Why Bar 1 bar 2.30mg
Cherry Chia Why Bar 1 bar 2.30mg
Mango Ginger Why Bar 1 bar 2.30mg
Kale* 1 cup 2.10mg
Herring* 4 oz. 1.98mg
Wild Goose* 4 oz. 1.96mg
Olive Oil 1 Tbsp. 1.94mg
Peanuts* ¼ cup 1.8mg
Blackberries 1 cup 1.70mg
Pumpkin, canned ½ cup 1.63mg
Black Beans* 1 cup 1.61mg
Pinto Beans* 1 cup 1.60mg
Carrots* 1 cup 1.6mg
Clams* 4 oz. 1.53mg
Mango 1 cup 1.5mg
Eggs* 2 large 1.4mg
Rice Bran 1 oz. 1.39mg
Apricot 1 cup 1.38mg
Broccoli* 1 cup 1.26mg
Lobster* 4 oz. 1.23mg
Sea Bass* 4 oz. 1.20mg
Catfish* 4 oz. 1.16mg
Watercress 4 oz. 1.13mg
Peaches 1 cup 1.13mg
Sockeye Salmon* 4 oz. 1.12mg
Raspberries 1 cup 1.07mg
Dover Sole* 4 oz. 1.07mg
Chili Powder 1 tsp. 1.03mg
Sorghum* 1 cup 1mg
Choco Peanut Why Bar 1 bar 1mg
Tomatoes, raw 1 cup 1mg
Pomegranate Juice 8 fl. oz. 0.95mg
Flounder* 4 oz. 0.91mg
Elk, ground* 4 oz. 0.9mg
Blueberries 1 cup 0.84mg
Cranberries, dried ¼ cup 0.84mg
Carrots, raw 1 cup 0.84mg
Green Peas* 1 cup 0.81mg
Quail* 4 oz. 0.79mg
Green Beans* 1 cup 0.77mg
Paprika 1 tsp. 0.67mg

Butter 2 Tbsp. 0.66mg
Haddock* 4 oz. 0.65mg
Pumpkin Seeds 1 oz. 0.62mg
Spinach, raw 1 cup 0.61mg
Black Walnuts 1 oz. 0.6mg
Chickpeas* 1 cup 0.58mg
Tilapia* 4 oz. 0.58mg
Bear* 4 oz. 0.56mg
Cayenne Pepper 1 tsp. 0.53mg
Venison, ground* 4 oz. 0.5mg
Cashews 1 oz. 0.50mg
Curry Powder 1 tsp. 0.50mg
Scallops* 4 oz. 0.49mg
Oat Bran ½ cup 0.47mg
Caribou* 4 oz. 0.45mg
Hummus ¼ cup 0.45mg
Curry Powder 1 tsp. 0.44mg
Papaya 1 cup 0.43mg
Cornish Game Hen* 4 oz. 0.41mg
Bee Pollen 1 Tbsp. 0.4mg
Pecans 1 oz. 0.4mg
Goat* 4 oz. 0.39mg
Tangerines 1 cup 0.39mg
Brown Rice* 1 cup 0.34mg
Grapefruit 1 fruit 0.32mg
Pheasant* 4 oz. 0.31mg
Chicken Breast* 4 oz. 0.31mg
Perch* 4 oz. 0.28mg
Brazil Nuts 1 kernel 0.28mg
Grapes 1 cup 0.28mg
Emu, ground* 4 oz. 0.27mg
Ostrich, ground* 4 oz. 0.27mg
Whole Milk, raw 8 fl. oz. 0.26mg
Navel Oranges 1 cup 0.25mg
Bison Ribeye* 4 oz. 0.24mg
Bison, ground* 4 oz. 0.24mg
Rainbow Trout* 4 oz. 0.23mg
Grapefruit 1 cup 0.23mg
Apples 1 large 0.23mg
Wheat Bran ¼ cup 0.22mg
Lentils* 1 cup 0.22mg
Pears 1 medium 0.21mg
Whole Wheat Flour ¼ cup 0.21mg
Macadamia Nuts 1 oz. 0.20mg
Chicken Thigh* 4 oz. 0.20mg
Walnuts 1 oz. 0.20mg
Red Cabbage, raw 1 cup 0.18mg
Oregano, dried 1 tsp. 0.18mg
Romaine Lettuce 3 cups 0.18mg
Kimchi 1 cup 0.17mg
Dark Chocolate 1 oz. 0.17mg
Celery 1 large stalk 0.17mg
Poppy Seeds 1 oz. 0.16mg
Hemp Seeds 2 Tbsp. 0.16mg
Lamb, ground* 4 oz. 0.16mg
Sorghum Flour ¼ cup 0.15mg
Chia Seeds 2 Tbsp. 0.14mg
Lime Juice 2 fl. oz. 0.14mg
Beef Ribeye* 4 oz. 0.14mg
Banana 1 medium 0.12mg
Savoy Cabbage, raw 1 cup 0.12mg
Tart Cherries, raw 1 cup 0.11mg
Corn* 1 cup 0.1mg
Red Cabbage* 1 cup 0.1mg
Cauliflower* 1 cup 0.09mg
Lemon Juice 2 fl. oz. 0.09mg
Watermelon 1 cup 0.08mg
Cantaloupe 1 cup 0.08mg
Basil, dried 1 tsp. 0.07mg
Thyme, dried 1 tsp. 0.07mg
Sage, ground 1 tsp. 0.05mg
Potatoes, baked 1 cup 0.05mg
Parsley, dried 1 tsp. 0.04mg
Cloves, ground ¼ tsp. 0.04mg
Flax Seeds, ground 2 Tbsp. 0.04mg
Tahini 1 Tbsp. 0.04mg
Cucumbers 1 cup 0.03mg
Potatoes, boiled 1 cup 0.02mg
Garlic Powder 1 tsp. 0.02mg
*cooked

Vitamin K (K1: Phytonadione, K2: Menaquinone)

Vitamin K is a fat-soluble vitamin that aids in blood clotting and maintaining proper bone strength. K1 is found mostly in green leafy vegetables. K2 is found in animal foods, fermented foods, and it can be produced by our internal bacteria. Activator X is now recognized as Vitamin K2 thanks to Dr. Weston A. Price.

Vitamin K2 has many benefits:

-improves mineralization of bones and teeth
-lowers your risk of fractures and cavities
-increases testosterone and fertility in men
-improves energy levels
-may prevent kidney stones and atherosclerosis
-promotes healthy blood sugar levels
-may prevent cancer

Vitamin K2, along with MSM, helps to decalcify the pineal gland. Vitamin K2 deconstructs the calcium phosphate deposits in the pineal gland and sends the released calcium back into the bones. Calcium belongs in the bones and teeth.

There are 2 major forms of Vitamin K2: MK-4 and MK-7. MK-4 can be found in animal sources, such as pasture-raised eggs, grass-fed dairy (raw milk, butter, cheese), grass-fed meat and organ meat. MK-7 comes from the fermentation process of Bacillus Subtilis Natto. This is a fungus that forms in the fermentation process of natto, a Japanese delicacy. MK-7 is also found in sauerkraut, hard cheeses and kefir. Vitamin K2 turns into Activator X when it is taken with Vitamin A and Vitamin D, fat-soluble activators. Vitamin K is concentrated mainly in our bones, brains, heart, liver and pancreas.

Vitamin K deficiency symptoms: low fat diet, Ketogenic diet, Paleo diet, Primal diet,
easy bruising, bloody urine, bloody stool, heavy menstruation, excessive bleeding.

The best sources of Vitamin K:

Spinach*	1 cup	1,019mcg	Swiss Chard*	1 cup	572mcg
Collard Greens*	1 cup	609mcg	Kale*	1 cup	543mcg

Turnip Greens* 1 cup 531mcg
Mustard Greens* 1 cup 405mcg
Brussels Sprouts* 1 cup 284mcg
Watercress 4 oz. 283mcg
Broccoli* 1 cup 163mcg
Spinach, raw 1 cup 145mcg
Romaine Lettuce 3 cups 144.5mcg
Broccoli, raw 1 cup 89mcg
Asparagus* 1 cup 87mcg
Green Beans* 1 cup 80mcg
Kiwi 1 cup 72.5mcg
Red Cabbage* 1 cup 71mcg
Kimchi 1 cup 65mcg
Black Eyed Peas* 1 cup 63mcg
Parsley, raw 1 Tbsp. 62mcg
Scallions 1 scallion 51mcg
Savoy Cabbage, raw 1 cup 48mcg
Green Peas* 1 cup 47mcg
Avocado 1 medium 42mcg
Tangy Tangerine 2.5 1 scoop 40mcg
Red Cabbage, raw 1 cup 34mcg
Sauerkraut 1 cup 31mcg
Blackberries 1 cup 29mcg
Blueberries 1 cup 28mcg
Pomegranate Juice 8 fl. oz. 26mcg
Cauliflower* 1 cup 25mcg
Grapes 1 cup 22mcg
Basil, raw 2 Tbsp. 22mcg
Pumpkin, canned ½ cup 21mcg
Carrots* 1 cup 21mcg
Celery 1 large stalk 19mcg
Marinara Sauce ½ cup 18mcg
Thyme, dried 1 tsp. 17mcg
Cauliflower* 1 cup 17mcg
Cucumbers 1 cup 17mcg
Carrots, raw 1 cup 17mcg
Prunes 1 oz. 16mcg
Pine Nuts 1 oz. 15mcg
Kidney Beans* 1 cup 15mcg
Tomatoes, raw 1 cup 14mcg
Cranberry Juice 8 fl. oz. 13mcg
Chives, raw 2 Tbsp. 12mcg
Kimchi 1 oz. 12mcg
Scallions 1 Tbsp. 12mcg
Basil, dried 1 tsp. 12mcg
Sage, ground 1 tsp. 12mcg
Cashews 1 oz. 9mcg
Plums 1 cup 9mcg
Mackerel* 4 oz. 9mcg
Raspberries 1 cup 9mcg
Red Bell Peppers 1 large pepper 9mcg
Olive Oil 1 Tbsp. 8mcg
Mango 1 cup 7mcg
Sweet Potato* 1 cup 6.90mg
Parsley, dried 1 tsp. 6.80mcg
Chickpeas 1 cup 6mcg
Pears 1 medium 6mcg
Kelp 2 Tbsp. 6mcg
Natto 1 oz. 6mcg
Oregano, dried 1 tsp. 6mcg
Chives, raw 1 Tbsp. 6mcg
Black Beans* 1 cup 6mcg
Lamb, ground* 4 oz. 6mcg
Herring* 4 oz. 5.2mcg
Eggs* 2 large 5.2mcg
Miso Paste 1 Tbsp. 5mcg
Scallops* 4 oz. 4.9mcg
Quail* 4 oz. 4.8mcg
Chicken Thigh* 4 oz. 4.4mcg
Dill Pickles 1 oz. 4mcg
Cantaloupe 1 cup 4mcg
Ostrich, ground* 4 oz. 4mcg
Emu, ground* 4 oz. 4mcg
Peaches 1 cup 4mcg
Black Pepper 1 tsp. 3.8mcg
Lentils* 1 cup 3.4mcg
Potatoes, boiled 1 cup 3.4mcg
Beef Liver* 4 oz. 3mcg
Papaya 1 cup 3mcg

Cranberries, dried ¼ cup 3mcg
Tart Cherries, raw 1 cup 3mcg
Cloves, ground 1 tsp. 3mcg
Catfish* 4 oz. 2.9mcg
Chili Powder 1 tsp. 2.9mcg
Apples 1 large 2.8mcg
Cornish Game Hen* 4 oz. 2.7mcg
Beef, ground* 4 oz. 2mcg
Sorghum Flour ¼ cup 2mcg
Hummus ¼ cup 2mcg
Dark Chocolate 1 oz. 2mcg
Curry Powder 1 tsp. 2mcg
Butter 2 Tbsp. 2mcg
Pumpkin Seeds 1 oz. 2mcg
Blueberry Bliss Why Bar 1 bar 2mcg
Paprika 1 tsp. 1.8mcg
Bison, ground* 4 oz. 1.5mcg
Oat Bran ½ cup 1.5mcg
Venison, ground* 4 oz. 1.4mcg
Cayenne Pepper 1 tsp. 1.4mcg
Barley* 1 cup 1.3mcg
Medjool Dates 2 dates 1.3mcg
Pineapple 1 cup 1.2mcg
Raisins 1 oz. 1mcg
Pecans 1 oz. 1mcg
Walnuts 1 oz. 0.8mcg
Black Walnuts 1 oz. 0.8mcg
Whole Milk, raw 8 fl. oz. 0.74mcg
Flax Seeds, ground 2 Tbsp. 0.6mcg
Lime Juice 2 fl. oz. 0.4mcg
Potatoes, baked 1 cup 0.04mcg
Wild Salmon* 4 oz. 0.11mcg
*cooked

<u>Choline</u>

Choline is a water-soluble vitamin that helps the blood move fats and cholesterol from our liver to cells throughout the body. It is also “food” for our gut bacteria. Choline is crucial for energy production, maintaining a healthy metabolism and brain development.

Choline deficiency symptoms: Atkins diet, South Beach diet, Paleo diet, Primal diet, Ketogenic diet, lack of concentration, low energy, cognitive sluggishness.

The best sources of Choline:

Beef Liver* 4 oz. 479mg
Eggs* 2 large 293mg
Oysters* 4 oz. 146mg
Rabbit* 4 oz. 146mg
Clams* 4 oz. 146mg
Caribou* 4 oz. 138mg
Bear* 4 oz. 138mg
Wild Boar* 4 oz. 133mg
Moose* 4 oz. 130mg
Sockeye Salmon* 4 oz. 127mg
Ham* 4 oz. 124mg
Pork Shoulder* 4 oz. 123mg

Goat* 4 oz. 119mg
Beef Brisket* 4 oz. 114mg
Bison, ground* 4 oz. 110mg
Dover Sole* 4 oz. 110mg
Lamb, ground* 4 oz. 106mg
Pork Tenderloin* 4 oz. 100mg
Venison, ground* 4 oz. 100mg
Pheasant* 4 oz. 96mg
Chicken Breast* 4 oz. 96mg
Haddock* 4 oz. 92mg
Catfish* 4 oz. 92mg
Perch* 4 oz. 92mg
Pike* 4 oz. 92mg
Flounder* 4 oz. 92mg
Mackerel* 4 oz. 91mg
Lobster* 4 oz. 91mg
Shrimp* 4 oz. 91mg
Herring* 4 oz. 90mg
Skirt Steak* 4 oz. 88mg
Swordfish* 4 oz. 87mg
Scallops* 4 oz. 87mg
Sea Bass* 4 oz. 86mg
Halibut* 4 oz. 85mg
Beef Filet* 4 oz. 83mg
Beef, ground* 4 oz. 82mg
Chicken Thigh* 4 oz. 81mg
Wild Goose* 4 oz. 75mg
Ostrich, ground* 4 oz. 74mg
Quail* 4 oz. 74mg
Rainbow Trout* 4 oz. 73mg
Chickpeas* 1 cup 70mg
Lentils* 1 cup 64mg
Brussels Sprouts* 1 cup 63mg
Cornish Game Hen* 4 oz. 63mg
Tilapia* 4 oz. 60mg
Black Beans* 1 cup 60mg
Pinto Beans* 1 cup 60mg
Black Eyed Peas* 1 cup 55mg
Cauliflower* 1 cup 48mg
Green Peas* 1 cup 47mg
Kidney Beans* 1 cup 45mg
Sweet Potato* 1 cup 35mg
Whole Milk, raw 8 fl. oz. 34mg
Bacon* 1 oz. 33mg
Corn* 1 cup 33mg
Red Cabbage* 1 cup 32mg
Asparagus* 1 cup 30mg
Broccoli* 1 cup 30mg
Avocado 1 medium 28.5mg
Green Beans* 1 cup 28mg
Fage 5% Greek Yogurt 6 oz. 25mg
Kimchi 1 cup 23mg
Peanuts* ¼ cup 23mg
Flax Seeds 2 Tbsp. 22mg
Barley* 1 cup 21mg
Potatoes, boiled 1 cup 20.6mg
Tangerines 1 cup 20mg
Peanut Butter 2 Tbsp. 20mg
Oat Bran ½ cup 19.3mg
Savoy Cabbage, raw 1 cup 19mg
Grapefruit 1 fruit 19mg
Pumpkin Seeds 1 oz. 18mg
Cottage Cheese ½ cup 18mg
Marinara Sauce ½ cup 18mg
Brown Rice* 1 cup 18mg
Cashews 1 oz. 17mg
Potatoes, baked 1 cup 17mg
Choco Peanut Why Bar 1 bar 16mg
Almond Butter 2 Tbsp. 16mg
Hummus ¼ cup 16mg
Pine Nuts 1 oz. 15mg
Raspberries 1 cup 15mg
Oat Bran ½ cup 15mg
Red Cabbage, raw 1 cup 15mg
Super Cacao Why Bar 1 bar 14mg
Sauerkraut 1 cup 14mg
Almonds 1 oz. 14mg
Kiwi 1 cup 14mg
Navel Oranges 1 cup 14mg
Romaine Lettuce 3 cups 14mg
Carrots* 1 cup 13mg

Zesty Lemon Why Bar 1 bar 13mg
Cherry Chia Why Bar 1 bar 13mg
Apple Almond Why Bar 1 bar 13mg
Blueberry Bliss Why Bar 1 bar 12mg
Mango Ginger Why Bar 1 bar 12mg
Pomegranate Juice 8 fl. oz. 12mg
Pumpkin, canned ½ cup 12mg
Macadamia Nuts 1 oz. 12mg
Mango 1 cup 12mg
Tomatoes, raw 1 cup 12mg
Cantaloupe 1 cup 12mg
Miso Paste 1 Tbsp. 12mg
Blackberries 1 cup 12mg
Pecans 1 oz. 11.5mg
Banana 1 medium 11mg
Flax Seeds, ground 2 Tbsp. 11mg
Carrots, raw 1 cup 11mg
Walnuts 1 oz. 11mg
Wheat Bran ¼ cup 10.8mg
Beets* 1 cup 10.7mg
Red Bell Peppers 1 large pepper 10.4mg
Watercress 4 oz. 10mg
Tart Cherries, raw 1 cup 9.5mg
Whole Wheat Flour ¼ cup 9.4mg
Nectarines 1 cup 9mg
Peaches 1 cup 9mg
Pears 1 medium 9mg
Pineapple 1 cup 9mg
Black Walnuts 1 oz. 9mg
Grapes 1 cup 8.4mg
Papaya 1 cup 8mg
Cranberry Juice 8 fl. oz. 8mg
Blueberries 1 cup 8mg
Strawberries 1 cup 8mg
Savoy Cabbage* 1 cup 8mg
Watermelon 1 cup 6mg
Grits* 1 cup 6mg
Cucumbers 1 cup 6mg
Lard 1 Tbsp. 6mg
Butter 2 Tbsp. 5mg
Pumpkin, canned ½ cup 5mg
Medjool Dates 2 dates 4.8mg
Romaine Lettuce 1 cup 4mg
Tahini 1 Tbsp. 4mg
Kimchi 1 oz. 4mg
Apples 1 large 4mg
Celery l large stalk 4mg
Cranberries, dried ¼ cup 3mg
Lemon Juice 2 fl. oz. 3mg
Lime Juice 2 fl. oz. 3mg
Prunes 1 oz. 2mg
Garlic Powder 1 tsp. 2mg
Scallions 1 scallion 1.4mg
Paprika 1 tsp. 1.2mg
Cacao Powder 1 Tbsp. 0.67mg
*cooked

Minerals

Overall, vitamins often take the spotlight while minerals tend to get put in the backseat. Minerals are inorganic substances that are found in soil and water. They are absorbed into plants and also consumed by animals. The human body can synthesize a few vitamins, but it cannot make its own minerals. Minerals are crucial for life.

Major Minerals (Electrolytes)

Calcium

Calcium is a mineral that strengthens our bones, teeth, nerves, muscles, gut, heart and blood vessels. It is instrumental in blood coagulation, muscle contraction, hormone secretion, intercellular nerve communication and carbohydrate metabolism. Calcium may prevent osteoporosis, relieve arthritis, and relieve insomnia. This mineral is crucial in the fight against obesity, colon cancer and heart issues.

Calcium deficiency symptoms: Atkins diet, South beach diet, Low Fat diet, Gluten-free diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, abnormal heart rate, dry skin, brittle nails, tooth decay, chronic itching, lethargy, high blood pressure, indigestion, numbness or tingling in fingers, lack of appetite, muscle cramps, veganism, vegetarianism, lactose intolerance, osteoporosis, IBS, celiac disease.

The best sources of Calcium:

Vanilla Ka'Chava 2 scoops 600mg
Chocolate Ka'Chava 2 scoops 600mg
Acai Ka'Chava 2 scoops 575mg
Kale* 1 cup 353mg
Sardines 3 oz. 324mg
Ricotta ½ cup 305mg
Romano Cheese 1 oz. 301mg
Gruyere Cheese 1 oz. 286mg
Whole Milk, raw 8 fl. oz. 276mg
Swiss Cheese 1 oz. 252mg
Spinach* 1 cup 244mg
Cottage Cheese 1 cup 232mg
Provolone Cheese 1 oz. 214mg
Muenster Cheese 1 oz. 203mg
Cheddar Cheese 1 oz. 200mg
Fage 5% Greek Yogurt 6 oz. 200mg
Gouda Cheese 1 oz. 198mg
Bok Choy* 1 cup 185mg
Chia Seeds 2 Tbsp. 178mg
Grits* 1 cup 177mg
Tangy Tangerine 2.5 1 scoop 170mg
Walleye* 4 oz. 159mg
Mozzarella 1 oz. 143mg
Watercress 4 oz. 136mg
Pesto ¼ cup 132mg
Poppy Seeds 1 Tbsp. 126mg
Lobster* 4 oz. 119mg
Perch* 4 oz. 114mg
Almond Butter 2 Tbsp. 111mg
Black Beans* 1 cup 101mg
Sweet Potato* 1 cup 88mg
Parmesan Cheese 2 Tbsp. 88mg
Clams* 4 oz. 88mg
Pinto Beans* ½ cup 87mg
Pollock* 4 oz. 87mg
Sesame Seeds 1 Tbsp. 87mg
Smelt* 4 oz. 87mg
Butternut Squash* 1 cup 84mg
Goat Cheese 1 oz. 84mg
Pike* 4 oz. 81mg
Eggs* 2 large 80mg
Chickpeas* 1 cup 80mg

Herring* 4 oz. 79mg
Almonds 1 oz. 76mg
Broccoli* 1 cup 75mg
Tangerines 1 cup 72mg
Valencia Oranges 1 cup 72mg
Navel Oranges 1 cup 71mg
Green Beans* 1 cup 70mg
King Crab* 4 oz. 67mg
Tahini 1 Tbsp. 64mg
Kiwi 1 cup 63mg
Red Cabbage* 1 cup 63mg
Super Cacao Why Bar 1 bar 60mg
Zesty Lemon Why Bar 1 bar 59mg
Apple Almond Why Bar 1 bar 59mg
Cherry Chia Why Bar 1 bar 57mg
Blueberry Bliss Why Bar 1 bar 55mg
Mango Ginger Why Bar 1 bar 55mg
Grapefruit 1 fruit 54mg
Kimchi 1 cup 49.5mg
Rainbow Trout* 4 oz. 48mg
Romaine Lettuce 3 cups 46.5mg
Carrots* 1 cup 46mg
Black Eyed Peas* 1 cup 44mg
Kidney Beans* ½ cup 43mg
Savoy Cabbage* 1 cup 43mg
Carrots, raw 1 cup 42mg
Blackberries 1 cup 41mg
Red Cabbage, raw 1 cup 40mg
Whitefish* 4 oz. 37mg
Lentils* 1 cup 37mg
Beef, ground* 4 oz. 36mg
Flax Seeds, ground 2 Tbsp. 35mg
Marinara Sauce ½ cup 34mg
Yellowtail* 4 oz. 32mg
Tart Cherry Juice 8 fl. oz. 32mg
Coconut Water 16 fl. oz. 31mg
Pumpkin, canned ½ cup 31mg
Choco Peanut Why Bar 1 bar 31mg
Medjool Dates 2 dates 30mg
Raspberries 1 cup 30mg
Flounder* 4 oz. 30mg
Cream Cheese 2 Tbsp. 29mg
Hummus ¼ cup 29mg
Papaya 1 cup 29mg
Coconut Water 8 fl. oz. 28mg
Pomegranate Juice 8 fl. oz. 27mg
Beefalo* 4 oz. 27mg
Beets* 1 cup 27mg
Oat Bran ½ cup 27mg
Walnuts 1 oz. 27mg
Turbot* 4 oz. 26mg
Cinnamon, ground 1 tsp. 26mg
Sorghum* 1 cup 25mg
Lamb, ground* 4 oz. 25mg
Celery 1 large stalk 25mg
Avocado 1 medium 24mg
Savoy Cabbage, raw 1 cup 24mg
Tart Cherries, raw 1 cup 24mg
Caribou* 4 oz. 24mg
Grouper* 4 oz. 23mg
Mackerel* 4 oz. 22mg
Grapefruit Juice 8 fl. oz. 22mg
Quick Oats ½ cup 21mg
Mahi Mahi* 4 oz. 21mg
Pineapple 1 cup 21mg
Peanuts* ¼ cup 21mg
Seven Sundays Cinnamon Toast Cereal ¾ cup 20mg
Dark Chocolate 1 oz. 20mg
Cauliflower* 1 cup 20mg
Rabbit* 4 oz. 20mg
Cranberry Juice 8 fl. oz. 20mg
Yellow Bell Peppers 1 large pepper 20mg
Pecans 1 oz. 20mg

Cumin, ground 1 tsp. 19mg
Macadamia Nuts 1 oz. 19mg
Boursin Cheese 1 oz. 19mg
Mango 1 cup 18mg
Scallions 1 scallion 18mg
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 18.50mg
Thyme, dried 1 tsp. 18mg
Tomatoes, raw 1 cup 18mg
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 17.90mg
Barley* 1 cup 17mg
Black Walnuts 1 oz. 17mg
Chicken Breast* 4 oz. 17mg
Raisins 1 oz. 17mg
Dill Weed, dried 1 tsp. 17mg
Oregano, dried 1 tsp. 16mg
Cucumbers 1 cup 16mg
Pears 1 medium 16mg
Peanut Butter 2 Tbsp. 15mg
Bison, ground* 4 oz. 15mg
Venison, ground* 4 oz. 15mg
Rosemary, dried 1 tsp. 15mg
Basil, dried 1 tsp. 15mg
Grapes 1 cup 15mg
Hemp Seeds 2 Tbsp. 14mg
Sea Bass* 4 oz. 14mg
Cantaloupe 1 cup 14mg
Apples 1 large 13mg
Red Bell Peppers 1 large pepper 13mg
Pumpkin Seeds 1 oz. 13mg
Cloves, ground 1 tsp. 13mg
Potatoes, boiled 1 cup 12.5mg
Allspice, ground 1 tsp. 12mg
Sockeye Salmon* 4 oz. 12mg
Cashews 1 oz. 12mg
Wheat Germ ¼ cup 11mg
Elk, ground* 4 oz. 11mg
Sage, ground 1 tsp. 11mg
Wheat Bran ¼ cup 10mg
Whole Wheat Flour ¼ cup 10mg
Watermelon 1 cup 10mg
Chicken Thigh* 4 oz. 10mg
Curry Powder 1 tsp. 10mg
Black Pepper 1 tsp. 10mg
Seven Sundays Cocoa Crunch Cereal ¾ cup 10mg
Seven Sundays Honey Almond Cereal ¾ cup 10mg
Scallops* 4 oz. 9mg
Peaches 1 cup 9mg
Basil, raw 2 Tbsp. 9mg
Duck Breast* 4 oz. 9mg
Ostrich, ground* 4 oz. 9mg
Onion Powder 1 tsp. 9mg
Blueberries 1 cup 8mg
Brazil Nuts 1 kernel 8mg
Lime Juice 2 fl. oz. 8mg
Banana 1 medium 6mg
Potatoes, baked 1 cup 6mg
Butter 2 Tbsp. 6mg
Brown Rice* 1 cup 6mg
Paprika 1 tsp. 5mg
Parsley, dried 1 tsp. 5mg
Parsley, raw 1 tsp. 5mg
Garlic, raw 1 clove 5mg
Lemon Juice 2 fl. oz. 3.6mg
Sorghum Flour ¼ cup 3.6mg
Thyme, raw 1 tsp. 3mg
Cranberries, dried ¼ cup 3mg
Cloves, ground ¼ tsp. 3mg
Bee Pollen 1 Tbsp. 2mg
Cayenne Pepper 1 tsp. 2mg
Garlic Powder 1 tsp. 2mg
Chives, raw 1 Tbsp. 2mg
Ginger, ground 1 tsp. 2mg
*cooked

Magnesium

Magnesium is a mineral that is used to maintain strong bones, nerves, heart, gut and muscles. This mineral is involved in 300 enzymatic processes in the body. It works synergistically with calcium. Calcium contracts our muscles while magnesium relaxes the muscles. Magnesium may relieve insomnia, high blood pressure, cramps and anxiety. It may be useful for preventing heart attacks and asthma due to its ability to open up the blood vessels for increased blood flow.

Magnesium helps to convert blood sugar into energy, keeps our cholesterol levels in check, eases depression, relieves indigestion, prevents calcium deposits, kidney stones and gallstones. Magnesium works very well with Vitamin A, calcium and phosphorus.

Magnesium deficiency symptoms: veganism, vegetarianism, Atkins diet, South beach diet, Gluten-free diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, high stress levels, fatigue, poor appetite, nausea, vomiting, muscle cramps, abnormal heart rate, excessive alcohol consumption, excessive medication use, being an alcoholic, taking diuretics and laxatives, fatigue, impaired concentration, muscle cramps, tingling sensation in the hands, restless legs, irregular heartbeat, headaches, sleeping difficulties, anxiety, depression, infertility.

The best sources of Magnesium:

Sorghum* 1 cup 316mg
Chocolate Ka'Chava 2 scoops 290mg
Vanilla Ka'Chava 2 scoops 250mg
Acai Ka'Chava 2 scoops 200mg
Pumpkin Seeds 1 oz. 168mg
Spinach* 1 cup 166mg
Hemp Seeds 2 Tbsp. 140mg
Quinoa* 1 cup 118mg
White Beans* 1 cup 112mg
Oat Bran ½ cup 110mg
Coconut Milk 8 fl. oz. 104mg
Swiss Chard* 1 cup 101mg
Pollock* 4 oz. 97mg
Chia Seeds 2 Tbsp. 94mg
Kidney Beans* 1 cup 90mg
Black Beans* 1 cup 90mg
Almond Butter 2 Tbsp. 89mg
Wheat Bran ¼ cup 88mg
Pili Nuts 1 oz. 85mg
Black-Eyed Peas* 1 cup 85mg
Pinto Beans* 1 cup 85mg
Mackerel* 4 oz. 82mg
Chickpeas* 1 cup 78mg
Brown Rice* 1 cup 78mg
Almonds 1 oz. 76mg
Cashews 1 oz. 73mg
Super Cacao Why Bar 1 bar 73mg
Turbot* 4 oz. 73mg
Tuna* 4 oz. 72mg
Pine Nuts 1 oz. 71mg
Lentils* 1 cup 71mg
King Crab* 4 oz. 71mg
Quick Oats ½ cup 70mg
Wheat Germ ¼ cup 68mg
Peanuts* ¼ cup 65mg

Dark Chocolate 1 oz. 64mg
Zesty Lemon Why Bar 1 bar 64mg
Choco Peanut Why Bar 1 bar 62mg
Cherry Chia Why Bar 1 bar 60mg
Apple Almond Why Bar 1 bar 60mg
Mango Ginger Why Bar 1 bar 59mg
Blueberry Bliss Why Bar 1 bar 59mg
Butternut Squash* 1 cup 59mg
Sweet Potato* 1 cup 59mg
Bulgur* 1 cup 58mg
Avocado 1 medium 58mg
Sea Bass* 4 oz. 58mg
Black Walnuts 1 oz. 57mg
Green Peas* 1 cup 54mg
Peanut Butter 2 Tbsp. 54mg
Flax Seeds, ground 2 Tbsp. 54mg
Lobster* 4 oz. 53mg
Corn* 1 cup 53mg
Wild Rice* 1 cup 50mg
Scallops* 4 oz. 49mg
Oysters* 4 oz. 49mg
Cinnamon Ezekiel Bread 2 slices 48mg
Whitefish* 4 oz. 47mg
Mackerel* 4 oz. 46mg
Green Beans* 1 cup 46mg
Kale* 1 cup 45mg
Walnuts 1 oz. 44mg
Herring* 4 oz. 44mg
Sardines 4 oz. 44mg
Pike* 4 oz. 44mg
Mahi Mahi* 4 oz. 43mg
Perch* 4 oz. 43mg
Walleye* 4 oz. 43mg
Smelt* 4 oz. 43mg
Yellowtail* 4 oz. 43mg
Clams* 4 oz. 43mg
Passion Fruit Juice** 8 fl. oz. 42mg
Passion Fruit Juice*** 8 fl. oz. 42mg
Whole Wheat Flour ¼ cup 41mg
Grouper* 4 oz. 41mg
Pollock* 4 oz. 41mg
Sockeye Salmon* 4 oz. 40mg
Tangy Tangerine 2.5 1 scoop 40mg
Swordfish* 4 oz. 39mg
Beets* 1 cup 39mg
Tilapia* 4 oz. 38mg
Halibut* 4 oz. 37mg
Sorghum Flour ¼ cup 37mg
Water Buffalo* 4 oz. 37mg
Caribou* 4 oz. 36mg
Rabbit* 4 oz. 35mg
Pecans 1 oz. 34mg
Barley* 1 cup 34mg
Savoy Cabbage* 1 cup 34mg
Banana 1 medium 34mg
Bacon* 4 oz. 34mg
Broccoli* 1 cup 34mg
Macadamia Nuts 1 oz. 33mg
Chicken Breast* 4 oz. 33mg
Sardines 3 oz. 33mg
Emu, ground* 4 oz. 32mg
Potatoes, boiled 1 cup 31mg
Antelope* 4 oz. 31mg
Sesame Seeds 1 Tbsp. 31mg
Potatoes, baked 1 cup 30mg
Wild Boar* 4 oz. 30mg
Monkfish* 4 oz. 30mg
Haddock* 4 oz. 30mg
Papaya 1 cup 30mg
Dover Sole* 4 oz. 30mg
Poppy Seeds 1 Tbsp. 30mg
Bison Ribeye* 4 oz. 29mg
Kiwi 1 cup 28mg

Blackberries 1 cup 28mg
Beef Ribeye* 4 oz. 28mg
Elk, ground* 4 oz. 27mg
Catfish* 4 oz. 27mg
Raspberries 1 cup 27mg
Venison, ground* 4 oz. 27mg
Chicken Thigh* 4 oz. 27mg
Moose* 4 oz. 27mg
Tart Cherry Juice 8 fl. oz. 27mg
Lamb, ground* 4 oz. 27mg
Bear* 4 oz. 26mg
Cacao Powder 1 Tbsp. 26mg
Ostrich, ground* 4 oz. 26mg
Bison, ground* 4 oz. 26mg
Flounder* 4 oz. 26mg
Medjool Dates 2 dates 26mg
Pumpkin, canned ½ cup 26mg
Red Cabbage* 1 cup 25mg
Rainbow Trout* 4 oz. 25mg
Whole Milk, raw 8 fl. oz. 24mg
Quail* 4 oz. 24mg
Tangerines 1 cup 23mg
Watercress 4 oz. 23mg
Marinara Sauce ½ cup 23mg
Red Bell Peppers 1 large pepper 22mg
Yellow Bell Peppers 1 large pepper 22mg
Grapefruit 1 fruit 22mg
Kimchi 1 cup 21mg
Cottage Cheese 1 cup 20mg
Cornish Game Hen* 4 oz. 20mg
Figs, dried 1 oz. 19mg
Pineapple 1 cup 19mg
Savoy Cabbage, raw 1 cup 19mg
Cantaloupe 1 cup 19mg
Tomatoes, raw 1 cup 19mg
Romaine Lettuce 3 cups 19mg
Valencia Oranges 1 cup 18mg
Navel Oranges 1 cup 18mg
Fage 5% Greek Yogurt 6 oz. 18mg
Brazil Nuts 1 kernel 18mg
Pomegranate Juice 8 fl. oz. 17mg
Hummus ¼ cup 17mg
Mango 1 cup 16.5mg
Carrots* 1 cup 15mg
Carrots, raw 1 cup 15mg
Cranberry Juice 8 fl. oz. 15mg
Watermelon 1 cup 15mg
Coconut Water 8 fl. oz. 14mg
Tahini 1 Tbsp. 14mg
Tart Cherries, raw 1 cup 14mg
Grits* 1 cup 14mg
Red Cabbage, raw 1 cup 14mg
Cucumbers 1 cup 13.5mg
Eggs* 2 large 13mg
Peaches 1 cup 13mg
Apples 1 cup 11mg
Cauliflower* 1 cup 11mg
Grapes 1 cup 10.5mg
Pears 1 medium 10mg
Plums 1 cup 10mg
Raisins 1 oz. 10mg
Blueberries 1 cup 8mg
Gouda Cheese 1 oz. 8mg
Miso Paste 1 Tbsp. 8mg
Provolone Cheese 1 oz. 7mg
Celery 1 large stalk 7mg
Cumin, ground 1 tsp. 7mg
Cheddar Cheese 1 oz. 7mg
Mozzarella 1 oz. 5mg
Basil, dried 1 tsp. 5mg
Cloves, ground 1 tsp. 5mg
Curry Powder 1 tsp. 5mg
Lime Juice 2 fl. oz. 5mg
Scallions 1 scallion 5mg
Paprika 1 tsp. 4mg
Dill Weed, dried 1 tsp. 4mg
Lemon Juice 2 fl. oz. 3.66mg
Basil, raw 2 Tbsp. 3mg
Black Pepper 1 tsp. 3mg
Ginger, ground 1 tsp. 3mg

Sage, ground 1 tsp. 3mg
Rosemary, dried 1 tsp. 2mg
Oregano, dried 1 tsp. 2mg
Garlic Powder 1 tsp. 2mg
Onion Powder 1 tsp. 2mg
Cayenne Pepper 1 tsp. 2mg
Thyme, dried 1 tsp. 2mg
Parsley, dried 1 tsp. 2mg
Bee Pollen 1 Tbsp. 2mg
Parsley, raw 1 Tbsp. 1.9mg
*cooked **purple ***yellow

Phosphorus

Phosphorus (Phosphate) is a mineral that builds strong bones, activates enzymes, vitamins, hormones and maintains the body's ph. The majority of the body's phosphorus is found in the bones and teeth. Phosphorus is a key mineral to metabolize fat and carbohydrates.
Vitamin D and Calcium must be present for Phosphorus to function correctly. Niacin needs Phosphorus to absorb to maintain normal kidney health.

Phosphorus deficiency symptoms: rickets, pyorrhea, anxiety, fatigue, irritability, joint pain, poor appetite, muscle weakness, bone pain, rickets, osteomalacia, confusion.

The best sources of Phosphorus:

Kielbasa* 4 oz. 736mg
Chocolate Ka'Chava 2 scoops 600mg
Sorghum* 1 cup 554mg
Vanilla Ka'Chava 2 scoops 500mg
Pork Chops* 4 oz. 468mg
Scallops* 4 oz. 451mg
Dover Sole* 4 oz. 428mg
Sardines 4 oz. 416mg
Acai Ka'Chava 2 scoops 400mg
Whitefish* 4 oz. 392mg
Clams* 4 oz. 383mg
Bluefin Tuna* 4 oz. 369mg
Sockeye Salmon* 4 oz. 365mg
Flounder* 4 oz. 359mg
Lentils* 1 cup 356mg
Ham* 4 oz. 355mg
Pumpkin Seeds 1 oz. 350mg
Oat Bran ½ cup 345mg
Swordfish* 4 oz. 344mg
Venison Filet* 4 oz. 338mg
Cottage Cheese 1 cup 334mg
Smelt* 4 oz. 334mg
Hemp Seeds 2 Tbsp. 330mg
Pork Tenderloin* 4 oz. 328mg
Herring* 4 oz. 327mg
Wheat Germ ¼ cup 325mg
Haddock* 4 oz. 324mg
Pollock* 4 oz. 320mg
Kidney Beans* 1 cup 318mg
King Crab* 4 oz. 317mg

Mackerel* 4 oz. 315mg
Quail* 4 oz. 315mg
Blue Crab, canned 1 cup 315mg
Pike* 4 oz. 314mg
Cod* 4 oz. 310mg
Walleye* 4 oz. 305mg
Wild Goose* 4 oz. 305mg
Emu, ground* 4 oz. 305mg
Caribou* 4 oz. 294mg
Catfish* 4 oz. 291mg
Monkfish* 4 oz. 290mg
Perch* 4 oz. 285mg
Duck Breast* 4 oz. 284mg
Beefalo* 4 oz. 283mg
Quinoa* 1 cup 281mg
Black Beans* 1 cup 281mg
Pinto Beans* 1 cup 278mg
Rainbow Trout* 4 oz. 277mg
Sea Bass* 4 oz. 276mg
Chickpeas* 1 cup 275mg
Pheasant* 4 oz. 273mg
Rabbit* 4 oz. 271mg
Bison Ribeye* 4 oz. 269mg
Elk, ground* 4 oz. 267mg
Caribou* 4 oz. 263mg
Chicken Thigh* 4 oz. 260mg
Turkey Breast* 4 oz. 260mg
Chicken Breast* 4 oz. 258mg
Venison, ground* 4 oz. 258mg
Ostrich, ground* 4 oz. 254mg
Sunflower Lecithin 4 tsp. 250mg
Water Buffalo* 4 oz. 249mg
Chia Seeds 2 Tbsp. 243mg
Tilapia* 4 oz. 242mg
Bison, ground* 4 oz. 241mg
Antelope* 4 oz. 238mg
Fage 5% Greek Yogurt 6 oz. 230mg
Lobster* 4 oz. 228mg
Lamb, ground* 4 oz. 228mg
Yellowtail* 4 oz. 227mg
Goat* 4 oz. 225mg
Quick Oats ½ cup 209mg
Brown Rice* 1 cup 208mg
Mahi Mahi* 4 oz. 207mg
Whole Milk, raw 8 fl. oz. 204mg
Eggs* 2 large 201mg
Moose* 4 oz. 199mg
Beef Ribeye* 4 oz. 197mg
Bear* 4 oz. 192mg
Turbot* 4 oz. 187mg
Super Cacao Why Bar 1 bar 166mg
Cornish Game Hen* 4 oz. 164mg
Almond Butter 2 Tbsp. 162mg
Grouper* 4 oz. 162mg
Zesty Lemon Why Bar 1 bar 158mg
Gouda Cheese 1 oz. 154mg
Cherry Chia Why Bar 1 bar 151mg
Wild Boar* 4 oz. 151mg
Apple Almond Why Bar 1 bar 149mg
Choco Peanut Why Bar 1 bar 148mg
Blueberry Bliss Why Bar 1 bar 147mg
Mango Ginger Why Bar 1 bar 147mg
Wheat Bran ¼ cup 146mg
Black Walnuts 1 oz. 145mg
Bacon* 1 oz. 143mg
Provolone Cheese 1 oz. 140mg
Cashews 1 oz. 138mg
Almonds 1 oz. 136mg
Peanuts* ¼ cup 132mg
Edamame* ½ cup 131mg
Cheddar Cheese 1 oz. 129mg
Corn* 1 cup 129mg
Cinnamon Ezekiel Bread 2 slices 119mg
Tahini 1 Tbsp. 110mg
Peanut Butter 2 Tbsp. 108mg

Whole Wheat Flour ¼ cup 107mg
Broccoli* 1 cup 106mg
Sweet Potato* 1 cup 105mg
Avocado 1 medium 104mg
Mozzarella 1 oz. 100mg
Walnuts 1 oz. 98mg
Flax Seeds, ground 2 Tbsp. 90mg
Dark Chocolate 1 oz. 87mg
Sorghum Flour ¼ cup 84mg
Barley* 1 cup 84mg
Pecans 1 oz. 78mg
Poppy Seeds 1 Tbsp. 76mg
Green Beans* 1 cup 72mg
Watercress 4 oz. 68mg
Hummus ¼ cup 66mg
Beets* 1 cup 64mg
Parmesan Cheese 2 Tbsp. 63mg
Potatoes, boiled 1 cup 62mg
Potatoes, baked 1 cup 61mg
Kiwi 1 cup 61mg
Sesame Seeds 1 Tbsp. 56mg
Macadamia Nuts 1 oz. 56mg
Butternut Squash* 1 cup 55mg
Red Cabbage* 1 cup 49mg
Red Bell Peppers 1 large pepper 48mg
Savoy Cabbage* 1 cup 47mg
Yellow Bell Peppers 1 large pepper 44mg
Carrots* 1 cup 46mg
Carrots, raw 1 cup 44mg
Grapefruit 1 fruit 44mg
Marinara Sauce ½ cup 44mg
Tomatoes, raw 1 cup 43mg
Tart Cherry Juice 8 fl. oz. 42mg
Romaine Lettuce 3 cups 42mg
Pumpkin, canned ½ cup 41mg
Cacao Powder 1 Tbsp. 40mg
Cauliflower* 1 cup 40mg
Tangerines 1 cup 39mg
Navel Oranges 1 cup 38mg
Brazil Nuts 1 kernel 36mg
Kimchi 1 cup 36mg
Raspberries 1 cup 35mg
Cranberry Juice 8 fl. oz. 33mg
Grits* 1 cup 33mg
Cream Cheese 2 Tbsp. 32mg
Blackberries 1 cup 31mg
Peaches 1 cup 30mg
Medjool Dates 2 dates 30mg
Grapes 1 cup 30mg
Valencia Oranges 1 cup 30mg
Savoy Cabbage, raw 1 cup 29mg
Pomegranate Juice 8 fl. oz. 27mg
Raisins 1 oz. 27mg
Banana 1 medium 27mg
Miso Paste 1 Tbsp. 27mg
Red Cabbage, raw 1 cup 26mg
Cucumbers 1 cup 25mg
Plums 1 cup 24mg
Apples 1 cup 24mg
Cantaloupe 1 cup 24mg
Mango 1 cup 23mg
Tart Cherries, raw 1 cup 23mg
Pears 1 medium 19mg
Blueberries 1 cup 17mg
Watermelon 1 cup 17mg
Celery 1 large stalk 15mg
Pineapple 1 cup 13mg
Garlic Powder 1 tsp. 12mg
Coconut Water 8 fl. oz. 11mg
Scallions 1 scallion 9mg
Bee Pollen 1 Tbsp. 8mg
Lime Juice 2 fl. oz. 8mg
Paprika 1 tsp. 7mg
Onion Powder 1 tsp. 7mg
Curry Powder 1 tsp. 7mg
Cayenne Pepper 1 tsp. 5mg
Lemon Juice 2 fl. oz. 4.88mg
Garlic, raw 1 clove 4mg
Ginger, ground 1 tsp. 3mg

Basil, raw 2 Tbsp. 3mg
Cranberries, dried ¼ cup 3mg
Thyme, dried 1 tsp. 2mg
Sage, ground 1 tsp. 0.64mg
Cloves, ground ¼ tsp. 0.52mg
*cooked

Potassium

Potassium is a mineral that aids in carbohydrate metabolism, nerve function and heart and muscle contractions. Potassium ensures that oxygen travels to vital organs, increases water flow in the body and it is useful for blood, muscle, brain and kidney health. This major mineral may reduce the risk of cardiovascular disease and stroke. Heavy coffee drinkers, alcoholics, sugar addicts and members of the KETO CULT need more potassium.

Potassium deficiency symptoms: Atkins diet, South Beach diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, adrenal fatigue, hypertension, muscle cramps, weak bones, craving salty foods, kidney stones, hypoglycemia (low blood sugar), long fasts, diarrhea, abdominal bloating, heart palpitations, nausea, vomiting, ringing in ears, feeling dizzy, constipation.

The best sources of Potassium:

Spinach* 1 cup 1,179mg
Kielbasa* 4 oz. 1,124mg
Avocado 1 medium 974mg
Swiss Chard* 1 cup 960mg
Yam* 1 cup 911mg
Acorn Squash* 1 cup 895mg
Black Beans* 1 cup 801mg
Kidney Beans* 1 cup 778mg
Sweet Potato* 1 cup 754mg
Coconut Water 16 fl. oz. 748mg
Pinto Beans* 1 cup 745mg
Lentils* 1 cup 730mg
Sorghum* 1 cup 697mg
Passion Fruit Juice** 8 fl. oz. 686mg
Passion Fruit Juice*** 8 fl. oz. 686mg
Tomato Paste ¼ cup 669mg
Mussels* 4 oz. 649mg
Halibut* 4 oz. 622mg
Yellowtail* 4 oz. 610mg
Mahi Mahi* 4 oz. 604mg
Butternut Squash* 1 cup 582mg
Monkfish* 4 oz. 581mg
Swordfish* 4 oz. 565mg
Walleye* 4 oz. 565mg
Kiwi 1 cup 561mg
Chocolate Ka’Chava 2 scoops 550mg
Rainbow Trout* 4 oz. 539mg
Grouper* 4 oz. 538mg
Pomegranate Juice 8 fl. oz. 530mg
Beefalo* 4 oz. 520mg
Beets* 1 cup 518mg
Pollock* 4 oz. 517mg
Potatoes, boiled 1 cup 511mg
Broccoli* 1 cup 508mg
Pork Tenderloin* 4 oz. 503mg
Sockeye Salmon* 4 oz. 494mg

Kale* 1 cup 484mg
Cauliflower* 1 cup 482mg
Mackerel* 4 oz. 479mg
Chickpeas* 1 cup 477mg
Potatoes, baked 1 cup 477mg
Whitefish* 4 oz. 460mg
Goat* 4 oz. 455mg
Herring* 4 oz. 454mg
Wild Boar* 4 oz. 449mg
Tilapia* 4 oz. 433mg
Catfish* 4 oz. 433mg
Elk, ground* 4 oz. 430mg
Cantaloupe 1 cup 427mg
Tomatoes, raw 1 cup 426mg
Emu, ground* 4 oz. 425mg
Marinara Sauce ½ cup 422mg
Banana 1 medium 422mg
Antelope* 4 oz. 421mg
Smelt* 4 oz. 421mg
Bison Ribeye* 4 oz. 420mg
Caribou* 4 oz. 418mg
Venison, ground* 4 oz. 412mg
Haddock* 4 oz. 410mg
Carrots* 1 cup 409mg
Tart Cherry Juice 8 fl. oz. 405mg
Green Peas* 1 cup 404mg
Apricots 1 cup 401mg
Bison, ground* 4 oz. 400mg
Green Beans* 1 cup 396mg
Beef Liver* 4 oz. 395mg
Yellow Bell Peppers 1 large pepper 394mg
Red Cabbage* 1 cup 393mg
Red Bell Peppers 1 large pepper 392mg
Corn* 1 cup 391mg
Rabbit* 4 oz. 387mg
Lamb, ground* 4 oz. 384mg
Perch* 4 oz. 385mg
Moose* 4 oz. 378mg
Watercress 4 oz. 374mg
Wild Goose* 4 oz. 371mg
Pike* 4 oz. 371mg
Sea Bass* 4 oz. 367mg
Ostrich, ground* 4 oz. 366mg
Carrots* 1 cup 366mg
Water Buffalo* 4 oz. 354mg
Honeydew 1 cup 353mg
Romaine Lettuce 3 cups 348mg
Turbot* 4 oz. 345mg
Oysters* 4 oz. 342mg
Sardines 3 oz. 337mg
Cod* 4 oz. 336mg
Medjool Dates 2 dates 334mg
Grapefruit 1 fruit 332mg
Tangerines 1 cup 323mg
Valencia Oranges 1 cup 322mg
Whole Milk, raw 8 fl. oz. 322mg
Beef Ribeye* 4 oz. 319mg
Quinoa* 1 cup 318mg
Pheasant* 4 oz. 306mg
Papaya 1 cup 300mg
Bear* 4 oz. 298mg
King Crab* 4 oz. 297mg
Shrimp* 4 oz. 293mg
Molasses 1 Tbsp. 292mg
Peaches 1 cup 292mg
Chicken Breast* 4 oz. 290mg
Chicken Thigh* 4 oz. 290mg
Grapes 1 cup 286.5mg
Lobster* 4 oz. 283mg
Scallops* 4 oz. 278mg
Mango 1 cup 277mg
Cornish Game Hen* 4 oz. 275mg
Navel Oranges 1 cup 273mg
Dover Sole* 4 oz. 272mg
Cottage Cheese 1 cup 271mg
Tart Cherries, raw 1 cup 268mg
Savoy Cabbage* 1 cup 266mg
Oat Bran ½ cup 266mg
Grape Juice 8 fl. oz. 263mg
Fage 5% Greek Yogurt 6 oz. 260mg

Vanilla Ka'Chava 2 scoops 260mg
Acai Ka'Chava 2 scoops 260mg
Wheat Germ ¼ cup 256mg
Pumpkin, canned ½ cup 245mg
Cantaloupe 1 cup 243mg
Quail* 4 oz. 243mg
Plums 1 cup 243mg
Grapefruit 1 cup 243mg
Maca Powder 1 Tbsp. 240mg
Hemp Seeds 2 Tbsp. 240mg
Cinnamon Ezekiel Bread 2 slices 240mg
Almond Butter 2 Tbsp. 239mg
Apples 1 cup 238mg
Blackberries 1 cup 233mg
Strawberries 1 cup 232mg
Peanuts* ¼ cup 231mg
Pumpkin Seeds 1 oz. 230mg
Flounder* 4 oz. 230mg
Kimchi 1 cup 226.5mg
Red Cabbage, raw 1 cup 216mg
Seven Sundays Cocoa Crunch Cereal ¾ cup 210mg
Raisins 1 oz. 210mg
Almonds 1 oz. 207mg
Prunes 1 oz. 207mg
Nectarines 1 cup 203mg
Dark Chocolate 1 oz. 202mg
Cranberry Juice 8 fl. oz. 194mg
Hazelnuts 1 oz. 192mg
Cashews 1 oz. 187mg
Super Cacao Why Bar 1 bar 186mg
Raspberries 1 cup 185mg
Sunflower Seeds 1 oz. 182mg
Peanut Butter 2 Tbsp. 180mg
Pineapple 1 cup 179mg
Pears 1 medium 178mg
Cauliflower* 1 cup 176mg
Brown Rice* 1 cup 173mg
Watermelon 1 cup 172mg
Wheat Bran ¼ cup 171mg
Quick Oats ½ cup 171mg
Tangy Tangerine 2.5 1 scoop 170mg
Pine Nuts 1 oz. 169mg
Choco Peanut Why Bar 1 bar 168mg
Apple Almond Why Bar 1 bar 166mg
Celery 1 large stalk 166mg
Cherry Chia Why Bar 1 bar 161mg
Zesty Lemon Why Bar 1 bar 161mg
Eggs* 2 large 161mg
Savoy Cabbage, raw 1 cup 161mg
Cucumbers 1 cup 152mg
Mango Ginger Why Bar 1 bar 152mg
Blueberry Bliss Why bar 1 bar 152mg
Bacon* 1 oz. 152mg
Black Walnuts 1 oz. 148mg
Barley* 1 cup 146mg
Seven Sundays Cinnamon Toast Cereal ¾ cup 140mg
Seven Sundays Honey Almond Cereal ¾ cup 130mg
Walnuts 1 oz. 125mg
Pecans 1 oz. 116mg
Chia Seeds 2 Tbsp. 115mg
Blueberries 1 cup 114mg
Flax Seeds, ground 2 Tbsp. 113mg
Whole Wheat Flour ¼ cup 109mg
Macadamia Nuts 1 oz. 103mg
Hummus ¼ cup 103mg
Sorghum Flour ¼ cup 98mg
Cacao Powder 1 Tbsp. 82mg
Sunflower Lecithin 4 tsp. 80mg

Lime Juice 2 fl. oz. 72mg
Scallions 1 scallion 69mg
Grits* 1 cup 62mg
Maple Syrup 2 Tbsp. 63mg
Clams* 4 oz. 63mg
Poppy Seeds 1 Tbsp. 63mg
Lemon Juice 2 fl. oz. 63mg
Tahini 1 Tbsp. 62mg
Turmeric, ground 1 tsp. 62mg
Chili Powder 1 tsp. 52mg
Paprika 1 tsp. 52mg
Opportuniteas Chocolate
Whey Protein Isolate 2 scoops
44.80mg
Sesame Seeds 1 Tbsp. 42mg
Bee Pollen 1 Tbsp. 40mg
Provolone Cheese 1 oz. 39mg
Cumin, ground 1 tsp. 37mg
Cream Cheese 1 oz. 37mg
Garlic Powder 1 tsp. 37mg
Kalamata Olives 1 oz. 37mg
Cayenne Pepper 1 tsp. 36mg
Gouda Cheese 1 oz. 34mg
Dill Weed, dried 1 tsp. 33mg
Brazil Nuts 1 kernel 33mg
Opportuniteas Vanilla
Whey Protein Isolate 2 scoops
30.80mg
Black Pepper 1 tsp. 30mg
Mozzarella 1 oz. 26mg
Onion Powder 1 tsp. 23mg
Curry Powder 1 tsp. 23mg
Ginger, ground 1 tsp. 23mg
Cheddar Cheese 1 oz. 21mg
Parsley, raw 1 Tbsp. 21mg
Allspice, ground 1 tsp. 20mg
Cranberries, dried ¼ cup 19mg
Basil, dried 1 tsp. 18mg
Basil, raw 2 Tbsp. 15mg
Turmeric, ground ¼ tsp. 15mg
Parsley, dried 1 tsp. 13mg
Garlic, raw 1 clove 12mg
Oregano, dried 1 tsp. 12mg
Rosemary, dried 1 tsp. 11mg
Cinnamon, ground 1 tsp. 11mg
Thyme, dried 1 tsp. 8mg
Ginger, raw 1 tsp. 8mg
Chives, raw 1 Tbsp. 8mg
Sage, ground 1 tsp. 7mg
Chives, dried 1 Tbsp. 6mg
Cloves, ground ¼ tsp. 5mg
Thyme, raw 1 tsp. 4mg
*cooked **purple ***yellow

Sodium

Sodium is a mineral, with potassium and chloride, which maintains the body's electrical charge through nerve cells and promotes healthy nerve, muscle and heart function. Sodium enhances the absorption of amino acids and glucose into the cells. Sodium helps the body retain water, along with balancing positive and negative ions in our tissue and to regulate healthy blood pressure. In addition, sodium keeps calcium soluble in the blood.

Sodium deficiency symptoms: vomiting, headache, confusion, fatigue, craving salty foods, nausea, loss of energy, drowsiness, restlessness, muscle weakness and muscle spasms.

The best sources of Sodium:

Kielbasa* 4 oz. 3,870mg
Salami 4 oz. 2,116mg
Pepperoni 4 oz. 1,792mg
Clams* 4 oz. 1,363mg
King Crab* 4 oz. 1,215mg
Ham* 4 oz. 1,050mg
Tamari 1 Tbsp. 1,005mg
Kimchi 1 cup 747mg
Cottage Cheese 1 cup 725mg
Bratwurst* 4 oz. 719mg
Pinto Beans* 1 cup 658mg
Miso Paste 1 Tbsp. 633mg
Bacon* 1 oz. 621mg
Chickpeas* 1 cup 588mg
Sea Salt ¼ tsp. 581mg
Table Salt ¼ tsp. 581mg
Marinara Sauce ½ cup 576mg
Scallops* 4 oz. 564mg
Kidney Beans* 1 cup 558mg
Lobster* 4 oz. 551mg
Real Salt ¼ tsp. 530mg
Cod* 4 oz. 521mg
Catfish* 4 oz. 506mg
Dover Sole* 4 oz. 504mg
Flounder* 4 oz. 481mg
Herring* 4 oz. 480mg
Mackerel* 4 oz. 477mg
Chocolate Ka'Chava 2 scoops 475mg
Sea Bass* 4 oz. 463mg
Haddock* 4 oz. 463mg
Goat* 4 oz. 463mg
Halibut* 4 oz. 462mg
Himalayan Salt ¼ tsp. 460mg
Perch* 4 oz. 454mg
Beef Liver* 4 oz. 454mg
Tilapia* 4 oz. 440mg
Trout* 4 oz. 438mg
Pike* 4 oz. 421mg
Mussels* 4 oz. 418mg
Vanilla Ka'Chava 2 scoops 400mg
Acai Ka'Chava 2 scoops 400mg
Pesto ¼ cup 378mg
Kalamata Olives 1 oz. 359mg
Dave's Killer Bread Everything Bagels 1 bagel 340mg
Artichokes* 1 cup 299mg
Wild Goose* 4 oz. 263mg
Sardines 3 oz. 261mg
Hoisin Sauce 1 Tbsp. 258mg
Quail* 4 oz. 243mg
Broccoli* 1 cup 240mg
Oysters* 4 oz. 240mg
Rabbit* 4 oz. 235mg
Gouda Cheese 1 oz. 232mg
Pheasant* 4 oz. 232mg
Dill Pickles 1 oz. 229mg
Turbot* 4 oz. 218mg
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 210mg
Provolone Cheese 1 oz. 206mg
Cheddar Cheese 1 oz. 185mg
Butter 2 Tbsp. 182mg
Eggs* 2 large 177mg
Boursin Cheese 1 oz. 176mg
Parmesan Cheese 2 Tbsp. 175mg
Hummus ¼ cup 145mg
Mozzarella 1 oz. 137mg
Peanut Butter 2 Tbsp. 137mg
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 135mg
Beets* 1 cup 130mg
Cinnamon Ezekiel Bread 2 slices 129mg
Mahi Mahi* 4 oz. 128mg
Shrimp* 4 oz. 125mg
Pollock* 4 oz. 125mg
Chicken Thigh* 4 oz. 120mg
Swordfish* 4 oz. 110mg

Whole Milk, raw 8 fl. oz. 104mg
Sockeye Salmon* 4 oz. 104mg
Yak, ground* 4 oz. 100mg
Macadamia Nuts 1 oz. 100mg
Elk, ground* 4 oz. 96mg
Duck Breast* 4 oz. 95mg
Cream Cheese 2 Tbsp. 94mg
Beefalo* 4 oz. 92mg
Lamb, ground* 4 oz. 92mg
Carrots* 1 cup 90mg
Carrots, raw 1 cup 88mg
Sweet Potato* 1 cup 88mg
Venison, ground* 4 oz. 88mg
Smelt* 4 oz. 87mg
Bison, ground* 4 oz. 86mg
Chicken Breast* 4 oz. 84mg
Celery 1 cup 80mg
Bear* 4 oz. 80mg
Caribou* 4 oz. 80mg
Walleye* 4 oz. 74mg
Whitefish* 4 oz. 74mg
Emu, ground* 4 oz. 74mg
Beef Ribeye* 4 oz. 68mg
Wild Boar* 4 oz. 68mg
Wild Salmon* 4 oz. 65mg
Water Buffalo* 4 oz. 63mg
Antelope* 4 oz. 61mg
Fage 5% Greek Yogurt 6 oz. 60mg
Grouper* 4 oz. 60mg
Rainbow Trout* 4 oz. 59mg
Coconut Water 8 fl. oz. 58mg
Bison Ribeye* 4 oz. 58mg
Yellowtail* 4 oz. 57mg
Celery 1 large stalk 51mg
Seven Sundays Cocoa Crunch Cereal ¾ cup 50mg
Seven Sundays Cinnamon Toast Cereal ¾ cup 50mg
Seven Sundays Honey Almond Cereal ¾ cup 50mg
Watercress 4 oz. 46mg
Red Cabbage* 1 cup 42mg
Savoy Cabbage* 1 cup 34mg
Cantaloupe 1 cup 25mg
Red Cabbage, raw 1 cup 24mg
Pomegranate Juice 8 fl. oz. 22mg
Corn* 1 cup 21mg
Savoy Cabbage, raw 1 cup 19mg
Cauliflower* 1 cup 18mg
Tahini 1 Tbsp. 17mg
Chickpeas* 1 cup 11mg
Romaine Lettuce 3 cups 11mg
Tart Cherry Juice 8 fl. oz. 10mg
Green Beans* 1 cup 10mg
Tomatoes, raw 1 cup 9mg
Potatoes, boiled 1 cup 7mg
Potatoes, baked 1 cup 6mg
Pumpkin, canned ½ cup 6mg
Black Beans* 1 cup 5mg
Cranberry Juice 8 fl. oz. 5mg
Kiwi 1 cup 5mg
Flax Seeds, ground 2 Tbsp. 4mg
Scallions 1 scallion 4mg
Lentils* 1 cup 4mg
Tangerines 1 cup 4mg
Grapes 1 cup 3mg
Sorghum* 1 cup 3mg
Cucumbers 1 cup 2mg
Pears 1 medium 2mg
Cranberries, dried ¼ cup 2mg
Pumpkin Seeds 1 oz. 2mg
Garlic Powder 1 tsp. 2mg
Cloves, ground ¼ tsp. 1.25mg
Garlic, raw 1 clove 0.5mg
*cooked

Micro Minerals (Trace Elements)

Copper

Copper is a mineral that helps the body release energy from our food. This mineral is crucial for maintaining strong skin, bones, heart and blood vessels. Copper aids in the synthesis of neurotransmitters and gives color to our eyes, hair and skin (melanin). In addition, copper aids in cognitive function, eases arthritis, wipes out throat infections and may prevent heart disease.

Copper deficiency symptoms: veganism, vegetarianism, fatigue, slow metabolism, thyroid hormone imbalances, early gray hair, anemia, bruise easily, joint pain, poor hair, low body temperature, osteoporosis, low white blood cell count, irregular heartbeat, skin and/or nails.

The best sources of Copper:

Beef Liver* 4 oz. 16.06mg
Oysters* 4 oz. 3.06mg
Lobster* 4 oz. 1.91mg
Tangy Tangerine 2.5
1 scoop 1.50mg
King Crab* 4 oz. 1.34mg
Shiitakes* 1 cup 1.30mg
Vanilla Ka'Chava 2 scoops
0.81mg
Chocolate Ka'Chava 2 scoops
0.81mg
Acai Ka'Chava 2 scoops 0.81mg
Clams* 4 oz. 0.80mg
Quail* 4 oz. 0.67mg
Cashews 1 oz. 0.63mg
Chickpeas* 1 cup 0.58mg
Sorghum* 1 cup 0.55mg
Turbot* 4 oz. 0.52mg
Sunflower Seeds 1 oz. 0.51mg
Coconut Milk 8 fl. oz. 0.5mg
Dark Chocolate 1 oz. 0.5mg
Lentils* 1 cup 0.5mg
Hazelnuts 1 oz. 0.50mg
Walnuts 1 oz. 0.45mg
Kidney Beans* 1 cup 0.44mg
Shrimp* 4 oz. 0.43mg
Pinto Beans* 1 cup 0.40mg
Black Beans* 1 cup 0.40mg
Black Walnuts 1 oz. 0.4mg
Avocado 1 medium 0.38mg
Pine Nuts 1 oz. 0.38mg
Sesame Seeds 1 Tbsp. 0.37mg
Pistachios 1 oz. 0.36mg
Quinoa* 1 cup 0.36mg
Pumpkin Seeds 1 oz. 0.36mg
Pecans 1 oz. 0.34mg
Goat* 4 oz. 0.34mg
Hemp Seeds 2 Tbsp. 0.32mg
Super Cacao Why Bar 1 bar
0.32mg
Sweet Potato* 1 cup 0.32mg
Caribou* 4 oz. 0.31mg
Pili Nuts 1 oz. 0.30mg
Spinach* 1 cup 0.30mg
Wild Goose* 4 oz. 0.30mg
Almonds 1 oz. 0.30mg
Almond Butter 2 Tbsp. 0.30mg
Bee Pollen 1 Tbsp. 0.30mg
Green Peas* 1 cup 0.29mg
Emu, ground* 4 oz. 0.27mg
Potatoes, boiled 1 cup 0.26mg
Potatoes, baked 1 cup 0.26mg
Walleye* 4 oz. 0.26mg
Chia Seeds 2 Tbsp. 0.26mg

Skirt Steak* 4 oz. 0.26mg
Choco Peanut Why Bar 1 bar 0.26mg
Quick Oats ½ cup 0.25mg
Blackberries 1 cup 0.24mg
Tahini 1 Tbsp. 0.24mg
Kiwi 1 cup 0.24mg
Antelope* 4 oz. 0.24mg
Wheat Germ ¼ cup 0.23mg
Elk, ground* 4 oz. 0.23mg
Bison Ribeye* 4 oz. 0.22mg
Brown Rice* 1 cup 0.21mg
Rainbow Trout* 4 oz. 0.21mg
Perch* 4 oz. 0.21mg
Cacao Powder 1 Tbsp. 0.20mg
Cherry Chia Why Bar 1 bar 0.20mg
Zesty Lemon Why Bar 1 bar 0.20mg
Apple Almond Why Bar 1 bar 0.20mg
Smelt* 4 oz. 0.20mg
Rabbit* 4 oz. 0.20mg
Water Buffalo* 4 oz. 0.20mg
Yellow Bell Peppers 1 large pepper 0.20mg
Grapes 1 cup 0.19mg
Oat Bran ½ cup 0.19mg
Mango Ginger Why Bar 1 bar 0.18mg
Blueberry Bliss Why Bar 1 bar 0.18mg
Mango 1 cup 0.18mg
Pineapple 1 cup 0.18mg
Mussels* 4 oz. 0.17mg
Bear* 4 oz. 0.17mg
Flax Seeds, ground 2 Tbsp. 0.17mg
Medjool Dates 2 dates 0.17mg
Tart Cherries, raw 1 cup 0.16mg
Peanuts* ¼ cup 0.16mg
Bison, ground* 4 oz. 0.16mg
Macadamia Nuts 1 oz. 0.16mg
Barley* 1 cup 0.16mg
Sardines 3 oz. 0.16mg
Poppy Seeds 1 Tbsp. 0.15mg
Lamb, ground* 4 oz. 0.15mg
Ostrich, ground* 4 oz. 0.15mg
Wheat Bran ¼ cup 0.14mg
Cranberry Juice 8 fl. oz. 0.14mg
Pears 1 medium 0.14mg
Herring* 4 oz. 0.13mg
Butternut Squash* 1 cup 0.13mg
Green Beans* 1 cup 0.13mg
Nectarines 1 cup 0.13mg
Hummus ¼ cup 0.13mg
Peanut Butter 2 Tbsp. 0.13mg
Pumpkin, canned ½ cup 0.13mg
Beets* 1 cup 0.13mg
Cantaloupe 1 cup 0.13mg
Passion Fruit Juice** 8 fl. oz. 0.13mg
Passion Fruit Juice*** 8 fl. oz. 0.12mg
Whole Wheat Flour ¼ cup 0.12mg
Peaches 1 cup 0.12mg
Raspberries 1 cup 0.11mg
Tilapia* 4 oz. 0.11mg
Venison, ground* 4 oz. 0.11mg
Tart Cherry Juice 8 fl. oz. 0.11mg
Mackerel* 4 oz. 0.11mg
Marinara Sauce ½ cup 0.11mg
Tomatoes, raw 1 cup 0.11mg
Clams* 4 oz. 0.10mg
Pheasant* 4 oz. 0.10mg
Molasses 1 Tbsp. 0.10mg
Banana 1 medium 0.10mg
Whitefish* 4 oz. 0.10mg
Brazil Nuts 1 kernel 0.09mg
Beef Ribeye* 4 oz. 0.09mg
Moose* 4 oz. 0.09mg

Plum 1 cup 0.09mg
Sorghum Flour ¼ cup 0.08mg
Raisins 1 oz. 0.08mg
Blueberries 1 cup 0.08mg
Tangerines 1 cup 0.08mg
Corn* 1 cup 0.08mg
Broccoli* 1 cup 0.08mg
Sockeye Salmon* 4 oz. 0.08mg
Watercress 4 oz. 0.08mg
Prunes 1 oz. 0.08mg
Chicken Thigh* 4 oz. 0.08mg
Red Cabbage* 1 cup 0.08mg
Savoy Cabbage* 1 cup 0.08mg
Grapefruit 1 fruit 0.08mg
Papaya 1 cup 0.07mg
Romaine Lettuce 3 cups 0.07mg
Yellowtail* 4 oz. 0.07mg
Pike* 4 oz. 0.07mg
Valencia Oranges 1 cup 0.07mg
Cottage Cheese 1 cup 0.07mg
Eggs* 2 large 0.07mg
Cornish Game Hen* 4 oz. 0.07mg
Pollock* 4 oz. 0.07mg
Kale* 1 cup 0.07mg
Miso Paste 1 Tbsp. 0.07mg
Strawberries 1 cup 0.07mg
Mahi Mahi* 4 oz. 0.06mg
Watermelon 1 cup 0.06mg
Whole Milk, raw 8 fl. oz. 0.06mg
Navel Oranges 1 cup 0.06mg
Apples 1 large 0.06mg
Cauliflower* 1 cup 0.06mg
Carrots* 1 cup 0.06mg
Carrots, raw 1 cup 0.06mg
Chicken Breast* 4 oz. 0.06mg
Wild Boar* 4 oz. 0.06mg
Pomegranate Juice 8 fl. oz. 0.05mg
Bacon* 1 oz. 0.05mg
Grouper* 4 oz. 0.05mg
Swordfish* 4 oz. 0.05mg
Cucumbers 1 cup 0.04mg
Halibut* 4 oz. 0.04mg
Parsley, raw 1 oz. 0.04mg
Kimchi 1 cup 0.04mg
Savoy Cabbage, raw 1 cup 0.04mg
Haddock* 4 oz. 0.03mg
Red Bell Peppers 1 large pepper 0.03mg
Grits* 1 cup 0.03mg
Black Pepper 1 tsp. 0.03mg
Cod* 4 oz. 0.03mg
Fage 5% Greek Yogurt 6 oz. 0.03mg
Cranberries, dried ¼ cup 0.03mg
Savoy Cabbage, raw 1 cup 0.02mg
Celery 1 large stalk 0.02mg
Garlic Powder 1 tsp. 0.02mg
Red Cabbage, raw 1 cup 0.02mg
Paprika 1 tsp. 0.02mg
Cauliflower* 1 cup 0.02mg
Basil, raw 2 Tbsp. 0.02mg
Curry Powder 1 tsp. 0.02mg
Lime Juice 2 fl. oz. 0.02mg
Scallions 1 scallion 0.02mg
*cooked **purple ***yellow

Iodine

Iodine is a mineral that is part of our thyroid gland. Iodine is an important mineral for organ development, growth, metabolism and reproduction. Iodine is needed to make the thyroid hormones, triiodothyronine (T3) and thyroxine (T4), which helps to regulate metabolism.

Iodine deficiency symptoms: Ketogenic diet, Paleo diet, Primal diet, veganism, vegetarianism, Aktins diet, South Beach diet, low body temperature, swollen tongue, pale skin, weak nails, fatigue, cold sensitivity, constipation, dry skin, weight gain.

The best sources of Iodine:

Smelt* 4 oz. 246mcg
Cod* 4 oz. 212mcg
Lobster* 4 oz. 211mcg
Haddock* 4 oz. 138mcg
Oysters* 4 oz. 124mcg
Kelp, dried 2 Tbsp. 116-2,984mcg
Clams* 4 oz. 76mcg
Vanilla Ka'Chava 2 scoops 75mcg
Chocolate Ka'Chava 2 scoops 75mcg
Acai Ka'Chava 2 scoops 75mcg
Fage 5% Greek Yogurt 1 cup 74mcg
Navy Beans* 1 cup 64mcg
Black-Eyed Peas* 1 cup 61mcg
Whole Milk, raw 8 fl. oz. 56mcg
Eggs* 2 large 54mcg
Potato with peel* 1 medium 52mcg
Tortilla 1 tortilla 52mcg
Beef Liver* 4 oz. 51mcg
Pollock* 4 oz. 49mcg
Turkey Breast* 4 oz. 48mcg
Shrimp* 4 oz. 46mcg
Soda Crackers 10 crackers 44mcg
Blue Crab, canned 4 oz. 43mcg
Rockfish* 4 oz. 38mcg
Cottage Cheese 1 cup 35mcg
Vanilla Ice Cream 2/3 cup 35mcg
Swiss Cheese 1 oz. 34mcg
Sockeye Salmon* 4 oz. 32mcg
Pasta* 1 cup 32mcg
Corn* 1 cup 28mcg
Chocolate Ice Cream 2/3 cup 28mcg
Bluefin Tuna* 4 oz. 26mcg
Orange Juice 8 fl. oz. 24mcg
Parmesan Cheese 2 Tbsp. 22mcg
Ricotta 1 oz. 18mcg
Egg Noodles* 1 cup 18mcg
Beef* 4 oz. 18mcg
Chicken* 4 oz. 17mcg
Bread 1 slice 17mcg
Rockfish* 4 oz. 16mcg
Mozzarella 1 oz. 15mcg
Potato, peeled* 1 medium 15mcg
Redmond's Real Salt ¼ tsp. 15mcg
Strawberries 1 cup 13mcg
Monterey Jack Cheese 1 oz. 13mcg
Prunes 1 oz. 13mcg
Cheddar Cheese 1 oz. 12mcg
Lamb Chop* 4 oz. 12mcg
Pork* 4 oz. 12mcg
Cream Cheese 1 oz. 11mcg
Apple Juice 8 fl. oz. 11mcg
Halibut* 4 oz. 9mcg
Sour Cream 1 oz. 8mcg
Heavy Cream 1 fl. oz. 8mcg
Quick Oats ½ cup 8mcg
Perch* 4 oz. 8mcg
White Rice* 1 cup 8mcg
Green Peas* 1 cup 6mcg
Raisin Bran 1 oz. 6mcg
Cornbread 1 oz. 6mcg

Apricots, canned 1 cup 6mcg
Peaches, canned 1 cup 6mcg
Salami 1 oz. 3.8mcg
Ranch Dressing 1 oz. 3.31mcg
Raisin Granola 1 oz. 3.08mcg
Banana 1 medium 3mcg
Pecans, unsalted ¼ cup 2mcg
Peanuts, salted ¼ cup 2mcg
Peanut Butter, salted 2 Tbsp. 2mcg
Spinach, raw 1 oz. 1.71mcg
Mayonnaise 1 oz. 1.68mcg
Super Cacao Why Bar 1 bar 1.6mcg
Choco Peanut Why Bar 1 bar 1.6mcg
Blueberry Bliss Why Bar 1 bar 1.4mcg
Cherry Chia Why Bar 1 bar 1.4mcg
Apple Almond Why Bar 1 bar 1.4mcg
Zesty Lemon Why Bar 1 bar 1.4mcg
Mango Ginger Why Bar 1 bar 1.4mcg
Butter, salted 2 Tbsp. 1.32mcg
Spinach* 1 oz. 1.11mcg
Red Bell Peppers 1 large pepper 1mcg
*cooked

Iron

Iron is a mineral (with hemoglobin) that moves oxygen through the blood and muscles. It is also crucial for a strong immune system and to maintain a healthy metabolism. It would behoove you to add Vitamin C rich foods to help the body absorb the iron.

Iron deficiency symptoms: Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, Paleo diet, Primal diet, Ketogenic diet, Gluten-free diet, veganism, vegetarianism, Atkins diet, South Beach diet, extreme fatigue, chest pain, fast heartbeat, shortness of breath, cold hands and feet, poor concentration, headaches, pica, restless legs, ice cravings, recurring canker sores, dry hair, skin and nails.

The best sources of Iron:

Grits* 1 cup 17.6mg
Bear* 4 oz. 12.17mg
Oysters* 4 oz. 10.43mg
Mussels* 4 oz. 8.03mg
Coconut Milk 8 fl. oz. 7.50mg
Chocolate Ka'Chava 2 scoops 7.50mg
Beef Liver* 4 oz. 7.36mg
Caribou* 4 oz. 6.65mg
Lentils* 1 cup 6.59mg
Sorghum* 1 cup 6.45mg
Spinach* 1 cup 6.40mg
Skirt Steak* 4 oz. 6.20mg
Emu, ground* 4 oz. 5.68mg
Acai Ka'Chava 2 scoops 5.50mg
Rabbit* 4 oz. 5.48mg
Vanilla Ka'Chava 2 scoops 5.40mg
Black Beans* 1 cup 5.30mg
Kidney Beans* 1 cup 5.30mg

Quail* 4 oz. 5mg
Moose* 4 oz. 4.79mg
Antelope* 4 oz. 4.76mg
Chickpeas* 1 cup 4.74mg
Black-Eyed Peas* 1 cup 4.30mg
Goat* 4 oz. 4.20mg
Asparagus* 1 cup 4.12mg
Morel Mushrooms* ½ cup 4mg
Ostrich, ground* 4 oz. 3.89mg
Venison, ground* 4 oz. 3.80mg
Elk, ground* 4 oz. 3.79mg
Kimchi 1 cup 3.75mg
Duck Breast* 4 oz. 3.70mg
Pinto Beans* 1 cup 3.68mg
Bison, ground* 4 oz. 3.62mg
Beefalo* 4 oz. 3.46mg
Dark Chocolate 1 oz. 3.37mg
Sardines 4 oz. 3.31mg
Clams* 4 oz. 3.29mg
Bison, ground* 4 oz. 3.15mg
Beef, ground* 4 oz. 2.83mg
Quinoa* 1 cup 2.76mg
Pumpkin Seeds 1 oz. 2.5mg
Oat Bran ½ cup 2.5mg
Green Peas* 1 cup 2.45mg
Water Buffalo* 4 oz. 2.40mg
Sweet Potato* 1 cup 2.36mg
Kale* 1 cup 2.24mg
Chia Seeds 2 Tbsp. 2.19mg
Mackerel* 4 oz. 2.05mg
Super Cacao Why Bar 1 bar 2mg
Barley* 1 cup 2mg
Lamb, ground* 4 oz. 2mg
Green Beans* 1 cup 1.93mg
Acorn Squash* 1 cup 1.91mg
Quick Oats ½ cup 1.9mg
Cashews 1 oz. 1.89mg
Walleye* 4 oz. 1.89mg
Choco Peanut Why Bar 1 bar 1.80mg
Wheat Germ ¼ cup 1.80mg
Pumpkin, canned ½ cup 1.7mg
Rainbow Trout* 4 oz. 1.7mg
Mahi Mahi* 4 oz. 1.64mg
Eggs* 2 large 1.6mg
Hemp Seeds 2 Tbsp. 1.59mg
Pine Nuts 1 oz. 1.57mg
Herring* 4 oz. 1.53mg
Wheat Bran ¼ cup 1.53mg
Bee Pollen 1 Tbsp. 1.44mg
Cinnamon Ezekiel Bread 2 slices 1.44mg
Beets* 1 cup 1.42mg
Apple Almond Why Bar 1 bar 1.40mg
Zesty Lemon Why Bar 1 bar 1.40mg
Cumin, ground 1 tsp. 1.39mg
Romaine Lettuce 3 cups 1.37mg
Tahini 1 Tbsp. 1.34mg
Hazelnuts 1 oz. 1.33mg
Sesame Seeds 1 Tbsp. 1.31mg
Smelt* 4 oz. 1.30mg
Blueberry Bliss Why Bar 1 bar 1.30mg
Mango Ginger Why Bar 1 bar 1.30mg
Cherry Chia Why Bar 1 bar 1.30mg
Grouper* 4 oz. 1.29mg
Perch* 4 oz. 1.29mg
Chicken Thigh* 4 oz. 1.28mg
Wild Boar* 4 oz. 1.27mg

Thyme, dried 1 tsp. 1.24mg
Butternut Squash* 1 cup 1.23mg
Seven Sundays Cocoa Crunch Cereal ¾ cup 1.2mg
Broccoli* 1 cup 1.18mg
Chicken Breast* 4 oz. 1.18mg
Brown Rice* 1 cup 1.13mg
Almond Butter 2 Tbsp. 1.12mg
Pistachios 1 oz. 1.11mg

Avocado 1 medium 1.11mg
Seven Sundays Cinnamon Toast Cereal ¾ cup 1.1mg
Seven Sundays Honey Almond Cereal ¾ cup 1mg
Chicken Thigh* 4 oz. 1.08mg
Sunflower Seeds 1 oz. 1.08mg
Whole Wheat Flour ¼ cup 1.08mg
Almonds 1 oz. 1.05mg
Cornish Game Hen* 4 oz. 1.02mg
Tangy Tangerine 2.5 1 scoop 1mg
Tart Cherry Juice 8 fl. oz. 1mg
Red Cabbage* 1 cup 1mg
Marinara Sauce ½ cup 0.96mg
Sorghum Flour ¼ cup 0.95mg
Molasses 1 Tbsp. 0.94mg
Hummus ¼ cup 0.94mg
Blackberries 1 cup 0.89mg
Black Walnuts 1 oz. 0.88mg
Poppy Seeds 1 Tbsp. 0.86mg
King Crab* 4 oz. 0.86mg
Yellow Bell Peppers 1 large pepper 0.86mg
Raspberries 1 cup 0.85mg
Walnuts 1 oz. 0.82mg
Tilapia* 4 oz. 0.81mg
Red Bell Peppers 1 large pepper 0.8mg
Flax Seeds, ground 2 Tbsp. 0.8mg
Pike* 4 oz. 0.78mg
Corn* 1 cup 0.78mg
Cacao Powder 1 Tbsp. 0.75mg
Pecans 1 oz. 0.72mg
Yellowtail* 4 oz. 0.71mg
Red Cabbage, raw 1 cup 0.71mg

Macadamia Nuts 1 oz. 0.70mg
Simply Nature Sprouted Whole Wheat Bread 1 slice 0.70mg
Sockeye Salmon* 4 oz. 0.69mg
Cauliflower* 1 cup 0.68mg
Pollock* 4 oz. 0.67mg
Basil, dried 1 tsp. 0.63mg
Cranberry Juice 8 fl. oz. 0.63mg
Strawberries 1 cup 0.62mg
Apricots 1 cup 0.60mg
Cantaloupe 1 cup 0.59mg
Shrimp* 4 oz. 0.58mg
Cod* 4 oz. 0.56mg
Peanuts* ¼ cup 0.56mg
Peanut Butter 2 Tbsp. 0.56mg
Savoy Cabbage* 1 cup 0.55mg
Grapes 1 cup 0.54mg
Carrots* 1 cup 0.53mg
Carrots, raw 1 cup 0.53mg
Peaches 1 cup 0.53mg
Whitefish* 4 oz. 0.53mg
Turbot* 4 oz. 0.52mg
Raisins 1 oz. 0.51mg
Swordfish* 4 oz. 0.51mg
Dill Weed, dried 1 tsp. 0.5mg
Tart Cherries, raw 1 cup 0.5mg
Tomatoes, raw 1 cup 0.5mg
Paprika 1 tsp. 0.5mg
Opportuniteas Chocolate Whey Protein Isolate 2 scoops 0.5mg
Potatoes, boiled 1 cup 0.48mg
Pineapple 1 cup 0.48mg
Monkfish* 4 oz. 0.46mg
Potatoes, baked 1 cup 0.43mg
Kiwi 1 cup 0.43mg
Medjool Dates 2 dates 0.43mg
Sea Bass* 4 oz. 0.42mg
Bacon* 1 oz. 0.42mg
Blueberries 1 cup 0.41mg
Cauliflower* 1 cup 0.4mg
Curry Powder 1 tsp. 0.38mg
Watermelon 1 cup 0.37mg

Scallions 1 scallion 0.37mg
Oregano, dried 1 tsp. 0.37mg
Ginger, ground 1 tsp. 0.36mg
Papaya 1 cup 0.36mg
Sunflower Lecithin 4 tsp. 0.36mg
Rosemary, dried 1 tsp. 0.35mg
Cantaloupe 1 cup 0.34mg
Pears 1 medium 0.34mg
Banana 1 medium 0.33mg
Lobster* 4 oz. 0.33mg
Cottage Cheese 1 cup 0.29mg
Cucumbers 1 cup 0.29mg
Tangerines 1 cup 0.29mg
Savoy Cabbage, raw 1 cup 0.28mg
Apples 1 large 0.27mg
Mango 1 cup 0.26mg
Honeydew 1 cup 0.26mg
Plum 1 cup 0.26mg
Cloves, ground 1 tsp. 0.25mg
Pomegranate Juice 8 fl. oz. 0.25mg
Parsley, raw 1 Tbsp. 0.24mg
Watercress 4 oz. 0.23mg
Halibut* 4 oz. 0.23mg
Cinnamon, ground 1 tsp. 0.22mg
Black Pepper 1 tsp. 0.22mg
Navel Oranges 1 cup 0.21mg
Sage, ground 1 tsp. 0.2mg
Grapefruit 1 fruit 0.2mg
Garlic Powder 1 tsp. 0.18mg
Basil, raw 2 Tbsp. 0.17mg
Cranberries, dried ¼ cup 0.16mg
Valencia Oranges 1 cup 0.16mg
Provolone Cheese 1 oz. 0.15mg
Cottage Cheese 1 cup 0.15mg
Cayenne Pepper 1 tsp. 0.14mg
Coconut Water 16 fl. oz. 0.14mg
Celery 1 large stalk 0.13mg
Mozzarella 1 oz. 0.12mg
Brazil Nuts 1 kernel 0.12mg
Parsley, dried 1 tsp. 0.11mg
Kalamata Olives 1 oz. 0.11mg
Opportuniteas Vanilla Whey Protein Isolate 2 scoops 0.10mg
Whole Milk, raw 8 fl. oz. 0.08mg
Gouda Cheese 1 oz. 0.07mg
Lime Juice 2 fl. oz. 0.06mg
Cheddar Cheese 1 oz. 0.05mg
Garlic, raw 1 clove 0.05mg
Lemon Juice 2 fl. oz. 0.05mg
Cream Cheese 1 oz. 0.03mg
Maple Syrup 1 oz. 0.03mg
Butter 2 Tbsp. 0.01mg
*cooked

Manganese

Manganese is a mineral that aids in gluconeogenesis, collagen (bones, skin, wound healing) and proteoglycans (cartilage, bones). Manganese helps to regulate metabolism, aids in digestion, may relieve fatigue and inflammation. It is also a crucial part of many enzymes that process amino acids, carbohydrates and cholesterol. Manganese works with thyroxin, the main thyroid gland hormone. Manganese boosts the brain’s cognitive abilities and helps to flush out free radicals.

Manganese deficiency symptoms: Paleo diet, Primal diet, veganism, vegetarianism, abnormal fat metabolism, abnormal carbohydrate

metabolism, low fertility, fatigue, impaired glucose tolerance, poor bone growth.

The best sources of Manganese:

Mussels* 4 oz. 7.73mg
Wild Blueberries 1 cup 4mg
Sorghum* 1 cup 3mg
Wheat Germ ¼ cup 3.82mg
Oat Bran ½ cup 2.64mg
Pine Nuts 1 oz. 2.5mg
Coconut, shredded 1 cup 2.3mg
Brown Rice* 1 cup 1.96mg
Quick Oats ½ cup 1.96mg
Coconut Milk 8 fl. oz. 1.70mg
Chickpeas* 1 cup 1.68mg
Wheat Bran ¼ cup 1.66mg
Spinach* 1 cup 1.60mg
Hazelnuts 1 oz. 1.60mg
Pineapple 1 cup 1.53mg
Hemp Seeds 2 Tbsp. 1.52mg
Whole Wheat Bread 2 slices 1.39mg
Black-Eyed Peas* 1 cup 1.34mg
Pumpkin Seeds 1 oz. 1.3mg
Cloves, ground 1 tsp. 1.26mg
Whole Wheat Flour ¼ cup 1.22mg
Pepperoni 4 oz. 1.20mg
Clams* 4 oz. 1.20mg
Quinoa* 1 cup 1.20mg
Walleye* 4 oz. 1.16mg
Pecans 1 oz. 1.1mg
Black Walnuts 1 oz. 1.1mg
Pinto Beans* 1 cup 1.04mg
Smelt* 4 oz. 1.02mg
Walnuts 1 oz. 1mg
Lentils* 1 cup 1mg
Rainbow Trout* 4 oz. 1mg
Blackberries 1 cup 0.93mg
Chocolate Ka’Chava 2 scoops 0.92mg
Vanilla Ka’Chava 2 scoops 0.90mg
Acai Ka’Chava 2 scoops 0.90mg
Macadamia Nuts 1 oz. 0.90mg
Sweet Potato* 1 cup 0.87mg
Kidney Beans* 1 cup 0.84mg
Raspberries 1 cup 0.82mg
Pinto Beans* 1 cup 0.80mg
Black Pepper 1 tsp. 0.80mg
Green Peas* 1 cup 0.80mg
Chia Seeds 2 Tbsp. 0.77mg
Almonds 1 oz. 0.77mg
White Rice* 1 cup 0.74mg
Tomatoes, canned 1 cup 0.73mg
Boysenberries 1 cup 0.72mg
Grapes 1 cup 0.70mg
Sunflower Seeds ¼ cup 0.70mg
Almond Butter 2 Tbsp. 0.68mg
Oysters* 4 oz. 0.66mg
Peanuts* ¼ cup 0.65mg
Almonds 1 oz. 0.61mg
Grape Juice 8 fl. oz. 0.60mg
Black Beans* 1 cup 0.60mg
Poppy Seeds 1 Tbsp. 0.59mg
Ginger, ground 1 tsp. 0.56mg
Turmeric, ground 1 tsp. 0.56mg
Dark Chocolate 1 oz. 0.55mg
Beets* 1 cup 0.55mg
Blueberries 1 cup 0.50mg
Black Tea, brewed 8 fl. oz. 0.50mg
Peanuts* ¼ cup 0.5mg
Peanut Butter 2 Tbsp. 0.5mg
Acorn Squash* 1 cup 0.49mg
Currants, dried 1 cup 0.49mg
Cashews 1 oz. 0.46mg
Cinnamon, ground 1 tsp. 0.45mg

Super Cacao Why Bar 1 bar 0.42mg
Barley* 1 cup 0.40mg
Choco Peanut Why Bar 1 bar 0.38mg
Sorghum Flour ¼ cup 0.38mg
Butternut Squash* 1 cup 0.35mg
Mango Ginger Why Bar 1 bar 0.35mg
Flax Seeds, ground 2 Tbsp. 0.34mg
Hummus ¼ cup 0.34mg
Red Cabbage* 1 cup 0.33mg
Banana 1 medium 0.31mg
Apple Almond Why Bar 1 bar 0.30mg
Romaine Lettuce 3 cups 0.3mg
Avocado 1 medium 0.28mg
Zesty Lemon Why Bar 1 bar 0.27mg
Watercress 4 oz. 0.27mg
Spinach, raw 1 cup 0.26mg
Cherry Chia Why Bar 1 bar 0.25mg
Blueberry Bliss Why Bar 1 bar 0.25mg
Carrots* 1 cup 0.24mg
Corn* 1 cup 0.23mg
Pomegranate Juice 8 fl. oz. 0.23mg
Sesame Seeds 1 Tbsp. 0.22mg
Savoy Cabbage* 1 cup 0.22mg
Red Cabbage, raw 1 cup 0.21mg
Yellow Bell Peppers 1 large pepper 0.21mg
Cacao Powder 1 Tbsp. 0.21mg
Potatoes, boiled 1 cup 0.21mg
Potatoes, baked 1 cup 0.2mg
Red Bell Peppers 1 large pepper 0.2mg
Tomatoes, raw 1 cup 0.2mg
Asparagus* 1 cup 0.2mg
Bee Pollen 1 Tbsp. 0.2mg
Kale, raw 1 cup 0.19mg
Carrots, raw 1 cup 0.18mg
Pumpkin, canned ½ cup 0.18mg
Kiwi 1 cup 0.17mg
Tart Cherries, raw 1 cup 0.17mg
Cauliflower* 1 cup 0.16mg
Marinara Sauce ½ cup 0.16mg
Curry Powder 1 tsp. 0.16mg
Tart Cherry Juice 8 fl. oz. 0.15mg
Garlic, raw 1 Tbsp. 0.14mg
Miso Paste 1 Tbsp. 0.14mg
Medjool Dates 2 dates 0.14mg
Savoy Cabbage, raw 1 cup 0.12mg
Caribou* 4 oz. 0.11mg
Mango 1 cup 0.1mg
Whitefish* 4 oz. 0.09mg
Peaches 1 cup 0.09mg
Beef Ribeye* 4 oz. 0.09mg
Cherries, raw 1 cup 0.09mg
Raisins 1 oz. 0.08mg
Lobster* 4 oz. 0.08mg
Cucumbers 1 cup 0.08mg
Tangerines 1 cup 0.07mg
Apples 1 large 0.07mg
Basil, dried 1 tsp. 0.07mg
Thyme, dried 1 tsp. 0.07mg
Cranberries, dried ¼ cup 0.07mg
Watermelon 1 cup 0.06mg
Brazil Nuts 1 kernel 0.06mg
Basil, raw 2 Tbsp. 0.06mg
Cantaloupe 1 cup 0.06mg
Celery 1 large stalk 0.06mg
Basil, dried 1 tsp. 0.06mg
Pears 1 medium 0.06mg
Papaya 1 cup 0.05mg
Grapefruit 1 fruit 0.05mg
Garlic, raw 1 clove 0.05mg

Parsley, dried 1 tsp. 0.05mg
Oregano, dried 1 tsp. 0.05mg
King Crab* 4 oz. 0.04mg
Valencia Oranges 1 cup 0.04mg
Navel Oranges 1 cup 0.04mg
Mustard, ground 1 tsp. 0.04mg
Paprika 1 tsp. 0.03mg
Cayenne Pepper 1 tsp. 0.03mg
Garlic Powder 1 tsp. 0.03mg
Wild Salmon* 4 oz. 0.02mg
Fage 5% Greek Yogurt 1 cup 0.02mg
Scallions 1 scallion 0.02mg
Chicken Breast* 4 oz. 0.02mg
Chicken Thigh* 4 oz. 0.02mg
Eggs* 2 large 0.02mg
Rosemary, dried 1 tsp. 0.02mg
Venison, ground* 4 oz. 0.02mg
Lamb, ground* 4 oz. 0.02mg
Elk, ground* 4 oz. 0.02mg
Sage, ground 1 tsp. 0.02mg
Bison Ribeye* 4 oz. 0.01mg
Nutmeg, ground ¼ tsp. 0.01mg
*cooked

<u>Selenium</u>

Selenium is a trace mineral that activates inactive thyroid hormones T4 into T3. Vitamin E and Selenium work synergistically as antioxidants that fight free radical damage in the body. Selenium is used in the production of glutathione peroxidase, the body's main antioxidant. Selenium protects against several types of cancers (bladder, prostate, thyroid), stroke and heart disease. The ladies can benefit greatly since this mineral alleviates hot flashes and menopause distress. For the men, selenium raises sperm levels and increases fertility.

Selenium deficiency symptoms: Ketogenic diet, Paleo diet, Primal diet, low immune system, infertility, weak muscles, fatigue, brittle nails, thyroid dysfunction, cognitive problems, slow metabolism, slow wound healing, hair loss, anxiety.

The best sources of Selenium:

Wild Goose* 4 oz. 263mcg
Oysters* 4 oz. 174mcg
Mussels* 4 oz. 101mcg
Tangy Tangerine 2.5 1 scoop 100mcg
Brazil Nuts 1 kernel 96mcg
Lobster* 4 oz. 90mcg
Pork Chops* 4 oz. 86mcg
Swordfish* 4 oz. 77mcg
Clams* 4 oz. 72mcg
Kielbasa* 4 oz. 69mcg
Halibut* 4 oz. 62mcg
Ham* 4 oz. 61mcg
Sardines 4 oz. 59mcg
Tilapia* 4 oz. 59mcg
Mackerel* 4 oz. 58mcg
Pork Tenderloin* 4 oz. 54mcg
Mahi Mahi* 4 oz. 53mcg
Bluefin Tuna* 4 oz. 53mcg
Grouper* 4 oz. 53mcg
Monkfish* 4 oz. 53mcg
Turbot* 4 oz. 53mcg
Yellowtail* 4 oz. 53mcg
Pollock* 4 oz. 53mcg
Smelt* 4 oz. 53mcg
Sea Bass* 4 oz. 52mcg

Herring* 4 oz. 50mcg
Emu, ground* 4 oz. 49mcg
Bison Ribeye* 4 oz. 47mcg
King Crab* 4 oz. 45mcg
Dover Sole* 4 oz. 45mcg
Couscous* 1 cup 43mcg
Sockeye Salmon* 4 oz. 43mcg
Pork Spareribs* 4 oz. 42mcg
Skirt Steak* 4 oz. 40mcg
Egg Noodles* 1 cup 38mcg
Flounder* 4 oz. 38mcg
Beef Ribeye* 4 oz. 37mcg
Ostrich, ground* 4 oz. 37mcg
Haddock* 4 oz. 36mcg
Bison, ground* 4 oz. 35mcg
Vanilla Ka'Chava 2 scoops 35mcg
Chocolate Ka'Chava 2 scoops 35mcg
Acai Ka'Chava 2 scoops 35mcg
Turkey Breast* 4 oz. 34mcg
Bratwurst* 4 oz. 33mcg
Cottage Cheese 1 cup 33mcg
Lamb, ground* 4 oz. 31mcg
Chicken Breast* 4 oz. 31mcg
Chicken Thigh* 4 oz. 30mcg
Duck Breast* 4 oz. 29mcg
Eggs* 2 large 28mcg
Quail* 4 oz. 24mcg
Pheasant* 4 oz. 23mcg
Sorghum* 1 cup 23mcg
Wheat Germ ¼ cup 22mcg
Beef, ground* 4 oz. 22mcg
Oat Bran ½ cup 21mcg
Whole Wheat Flour ¼ cup 18mcg
Walleye* 4 oz. 18mcg
Pike* 4 oz. 18mcg
Perch* 4 oz. 18mcg
Whitefish* 4 oz. 18mcg
Scallops* 4 oz. 17mcg
Rabbit* 4 oz. 17mcg
Cornish Game Hen* 4 oz. 17mcg
Fage 5% Greek Yogurt 6 oz. 16.5mcg
Bacon* 1 oz. 16mcg
Chia Seeds 2 Tbsp. 15mcg
Rainbow Trout* 4 oz. 14mcg
Caribou* 4 oz. 14mcg
Wild Boar* 4 oz. 14mcg
Antelope* 4 oz. 14mcg
Beefalo* 4 oz. 14mcg
Moose* 4 oz. 14mcg
Barley* 1 cup 13.5mcg
Goat* 4 oz. 13mcg
Water Buffalo* 4 oz. 13mcg
Bear* 4 oz. 12mcg
Wheat Bran ¼ cup 11.25mcg
Brown Rice* 1 cup 11mcg
Venison, ground* 4 oz. 11mcg
Catfish* 4 oz. 11mcg
Elk, ground* 4 oz. 10mcg
Whole Milk, raw 8 fl. oz. 9mcg
Cheddar Cheese 1 oz. 8mcg
Grits* 1 cup 7.68mcg
Super Cacao Why Bar 1 bar 7.3mcg
Choco Peanut Why Bar 1 bar 7.2mcg
Cherry Chia Why Bar 1 bar 7mcg
Apple Almond Why Bar 1 bar 7mcg
Zesty Lemon Why Bar 1 bar 7mcg
Mango Ginger Why Bar 1 bar 7mcg
Blueberry Bliss Why Bar 1 bar 6.8mcg
Chickpeas* 1 cup 6mcg
Lentils* 1 cup 5.54mcg
Cashews 1 oz. 5mcg
Tahini 1 Tbsp. 5mcg
Black Walnuts 1 oz. 4.8mcg

Mozzarella 1 oz. 4mcg
Provolone Cheese 1 oz. 4mcg
Gouda Cheese 1 oz. 4mcg
Broccoli* 1 cup 4mcg
Sorghum Flour ¼ cup 3.7mcg
Flax Seeds, ground 2 Tbsp. 3.56mcg
Red Cabbage* 1 cup 3.45mcg
Peanuts* ¼ cup 3.4mcg
Parmesan Cheese 2 Tbsp. 3mcg
Macadamia Nuts 1 oz. 3mcg
Kidney Beans* 1 cup 3mcg
Sesame Seeds 1 Tbsp. 3mcg
Pumpkin Seeds 1 oz. 2.6mcg
Black Beans* 1 cup 2.22mcg
Cream Cheese 2 Tbsp. 2mcg
Dark Chocolate 1 oz. 1.90mcg
Marinara Sauce ½ cup 1.85mcg
Ricotta ½ cup 1.70mcg
Hummus ¼ cup 1.44mcg
Walnuts 1 oz. 1.4mcg
Peanut Butter 2 Tbsp. 1.31mcg
Banana 1 medium 1.26mcg
Beets* 1 cup 1.2mcg
Miso Paste 1 Tbsp. 1.19mcg
Almonds 1 oz. 1.16mcg
Pecans 1 oz. 1.08mcg
Butternut Squash* 1 cup 1.02mcg
Watercress 4 oz. 1mcg
Ginger, ground 1 tsp. 1mcg
Green Beans* 1 cup 1mcg
Mango 1 cup 1mcg
Savoy Cabbage* 1 cup 1mcg
Carrots* 1 cup 1mcg
Papaya 1 cup 0.87mcg
Corn* 1 cup 0.87mcg
Avocado 1 medium 0.80mcg
Almond Butter 2 Tbsp. 0.77mcg
Pomegranate Juice 8 fl. oz. 0.75mcg
Kimchi 1 cup 0.75mcg
Garlic Powder 1 tsp. 0.74mcg
Cauliflower* 1 cup 0.74mcg
Cacao Powder 1 Tbsp. 0.67mcg
Sweet Potato* 1 cup 0.66mcg
Cantaloupe 1 cup 0.64mcg
Savoy Cabbage, raw 1 cup 0.63mcg
Watermelon 1 cup 0.62mcg
Yellow Bell Peppers 1 large pepper 0.56mcg
Romaine Lettuce 3 cups 0.56mcg
Red Cabbage, raw 1 cup 0.53mcg
Pumpkin, canned ½ cup 0.5mcg
Potatoes, boiled 1 cup 0.47mcg
Garlic, raw 1 clove 0.43mcg
Potatoes, baked 1 cup 0.37mcg
Kiwi 1 cup 0.36mcg
Cucumbers 1 cup 0.31mcg
Butter 2 Tbsp. 0.30mcg
Celery 1 large stalk 0.26mcg
Cranberries, dried ¼ cup 0.25mcg
Cranberry Juice 8 fl. oz. 0.25mcg
Grapefruit 1 fruit 0.25mcg
Red Bell Peppers 1 large pepper 0.19mcg
Pears 1 medium 0.18mcg
Pineapple 1 cup 0.17mcg
Blueberries 1 cup 0.15mcg
Peaches 1 cup 0.15mcg
Paprika 1 tsp. 0.14mcg
Grapes 1 cup 0.15mcg
Carrots, raw 1 cup 0.13mcg
Lemon Juice 2 fl. oz. 0.06mcg
Lime Juice 2 fl. oz. 0.06mcg
Sage, ground 1 tsp. 0.03mcg
*cooked

Zinc

Zinc is a mineral that is involved in protein, collagen, insulin and DNA synthesis. Zinc helps the body fight disease, skin infections, eczema, acne, common colds and the flu.
Zinc works well with Vitamin A, Calcium and Phosphorus.

It is possible to lose up to 3mg or more of zinc per day from excessive sweating.

Zinc has a long list of benefits:

-may help treat infertility
-restores loss of taste
-prevents prostate problems
-promotes muscle development
-decreases cholesterol deposits
-eliminates white spots on fingernails
-stabilizes Vitamin E in the blood
-aids in organ development
-accelerates wound healing

Zinc deficiency symptoms: veganism, vegetarianism, Atkins diet, South Beach diet, Ketogenic diet, Gluten-free diet, Weight Watchers diet, Jenny Craig diet, Intermittent Fasting, unexplained weight loss, diarrhea, excessive alcohol, appetite loss, open sores, decreased sense of smell and taste, lack of alertness, enlarged prostate, dandruff, fruity body odor, arteriosclerosis, weak immunity, allergy, thinning hair, acne, infections, hypogonadism.

The best sources of Zinc:

Oysters* 4 oz. 37.69mg
Bear* 4 oz. 11.65mg
Elk, ground* 4 oz. 8.8mg
King Crab* 4 oz. 8.64mg
Skirt Steak* 4 oz. 8.33mg
Beef Ribeye* 4 oz. 7.90mg
Vanilla Ka'Chava 2 scoops 7.50mg
Chocolate Ka'Chava 2 scoops 7.50mg
Acai Ka'Chava 2 scoops 7.50mg
Beefalo* 4 oz. 7.26mg
Beef, ground* 4 oz. 6.75mg
Pork Chop* 4 oz. 6.40mg
Bison, ground* 4 oz. 6.06mg
Beef Liver* 4 oz. 5.96mg
Caribou* 4 oz. 5.94mg
Venison, ground* 4 oz. 5.94mg
Goat* 4 oz. 5.93mg
Kielbasa* 4 oz. 5.70mg
Bison Ribeye* 4 oz. 5.68mg
Lamb, ground* 4 oz. 5.33mg
Beef Tenderloin* 4 oz. 5.33mg
Pork Spareribs* 4 oz. 5.20mg
Emu, ground* 4 oz. 5.17mg
Lobster* 4 oz. 5mg
Ostrich, ground* 4 oz. 4.91mg
Venison Filet* 4 oz. 4.53mg
Ham* 4 oz. 4.40mg
Moose* 4 oz. 4.17mg
Duck Breast* 4 oz. 3.60mg
Salami 4 oz. 3.60mg

Wheat Germ ¼ cup 3.53mg
Quail* 4 oz. 3.50mg
Wild Boar* 4 oz. 3.41mg
Pork Tenderloin* 4 oz. 3.26mg
Clams* 4 oz. 3.10mg
Mussels* 4 oz. 3.03mg
Tangy Tangerine 2.5 1 scoop 3mg
Sorghum* 1 cup 3mg
Pumpkin Seeds 1 oz. 2.9mg
Water Buffalo* 4 oz. 2.88mg
Bratwurst* 4 oz. 2.80mg
Rabbit* 4 oz. 2.69mg
Lentils* 1 cup 2.5mg
Chickpeas* 1 cup 2.5mg
Smelt* 4 oz. 2.40mg
Chicken Thigh* 4 oz. 2.18mg
Green Peas* 1 cup 2.06mg
Hemp Seeds 2 Tbsp. 2mg
Turkey Breast* 4 oz. 1.93mg
Shiitake Mushrooms* 1 cup 1.93mg
Antelope* 4 oz. 1.91mg
Shrimp* 4 oz. 1.86mg
Kidney Beans* 1 cup 1.86mg
Pinto Beans* 1 cup 1.68mg
Cornish Game Hen* 4 oz. 1.68mg
Cashews 1 oz. 1.64mg
Quick Oats ½ cup 1.6mg
Perch* 4 oz. 1.59mg
Super Cacao Why Bar 1 bar 1.50mg
Sardines 4 oz. 1.49mg
Oat Bran ½ cup 1.46mg
Whitefish* 4 oz. 1.44mg
Brown Rice* 1 cup 1.43mg
Black Beans* 1 cup 1.41mg
Choco Peanut Why Bar 1 bar 1.40mg
Cottage Cheese 1 cup 1.38mg
Herring* 4 oz. 1.37mg
Barley* 1 cup 1.30mg
Avocado 1 medium 1.30mg
Chia Seeds 2 Tbsp. 1.30mg
Pecans 1 oz. 1.28mg
Eggs* 2 large 1.27mg
Scallops* 4 oz. 1.22mg
Cinnamon Ezekiel Bread 2 slices 1.2mg
Zesty Lemon Why Bar 1 bar 1.18mg
Cherry Chia Why Bar 1 bar 1.13mg
Chicken Breast* 4 oz. 1.13mg
Gouda Cheese 1 oz. 1.11mg
Apple Almond Why Bar 1 bar 1.10mg
Mango Ginger Why Bar 1 bar 1.10mg
Cheddar Cheese 1 oz. 1.04mg
Blueberry Bliss Why Bar 1 bar 1mg
Wheat Bran ¼ cup 1mg
Peanuts* ¼ cup 1mg
Black Walnuts 1 oz. 1mg
Almond Butter 2 Tbsp. 1mg
Bacon* 1 oz. 0.95mg
Pike* 4 oz. 0.95mg
Dark Chocolate 1 oz. 0.94mg
Wild Blueberries 1 cup 0.94mg
Provolone Cheese 1 oz. 0.92mg
Walleye* 4 oz. 0.90mg
Mackerel* 4 oz. 0.90mg
Whole Milk, raw 8 fl. oz. 0.90mg
Fage 5% Greek Yogurt 6 oz. 0.88mg
Walnuts 1 oz. 0.88mg
Swordfish* 4 oz. 0.88mg
Almonds 1 oz. 0.88mg
Mozzarella 1 oz. 0.83mg
Peanut Butter 2 Tbsp. 0.81mg
Whole Wheat Flour ¼ cup 0.78mg

Yellowtail* 4 oz. 0.76mg
Blackberries 1 cup 0.76mg
Rainbow Trout* 4 oz. 0.75mg
Tahini 1 Tbsp. 0.70mg
Sesame Seeds 1 Tbsp. 0.70mg
Pollock* 4 oz. 0.68mg
Catfish* 4 oz. 0.68mg
Broccoli* 1 cup 0.67mg
Corn* 1 cup 0.67mg
Mahi Mahi* 4 oz. 0.67mg
Poppy Seeds 1 Tbsp. 0.66mg
Sweet Potato* 1 cup 0.66mg
Hummus ¼ cup 0.65mg
Sockeye Salmon* 4 oz. 0.64mg
Flax Seeds, ground 2 Tbsp. 0.61mg
Monkfish* 4 oz. 0.60mg
Beets* 1 cup 0.60mg
Grouper* 4 oz. 0.58mg
Sea Bass* 4 oz. 0.57mg
Dover Sole* 4 oz. 0.54mg
Raspberries 1 cup 0.52mg
Sorghum Flour ¼ cup 0.5mg
Tilapia* 4 oz. 0.48mg
Red Bell Peppers 1 large pepper 0.47mg
Flounder* 4 oz. 0.45mg
Green Beans* 1 cup 0.45mg
Haddock* 4 oz. 0.45mg
Cod* 4 oz. 0.44mg
Miso Paste 1 Tbsp. 0.44mg
Parmesan Cheese 2 Tbsp. 0.43mg
Potatoes, boiled 1 cup 0.42mg
Macadamia Nuts 1 oz. 0.40mg
Red Cabbage* 1 cup 0.38mg
Cacao Powder 1 Tbsp. 0.35mg
Potatoes, baked 1 cup 0.35mg
Savoy Cabbage* 1 cup 0.33mg
Kimchi 1 cup 0.33mg
Romaine Lettuce 3 cups 0.32mg
Yellow Bell Peppers 1 large pepper 0.32mg
Turbot* 4 oz. 0.32mg
Tomatoes, raw 1 cup 0.31mg
Carrots* 1 cup 0.31mg
Carrots, raw 1 cup 0.31mg
Bee Pollen 1 Tbsp. 0.30mg
Cantaloupe 1 cup 0.29mg
Butternut Squash* 1 cup 0.27mg
Peaches 1 cup 0.26mg
Kiwi 1 cup 0.25mg
Cranberry Juice 8 fl. oz. 0.25mg
Blueberries 1 cup 0.24mg
Pomegranate Juice 8 fl. oz. 0.22mg
Grits* 1 cup 0.22mg
Medjool Dates 2 dates 0.21mg
Cauliflower* 1 cup 0.21mg
Cucumbers 1 cup 0.21mg
Brazil Nuts 1 kernel 0.2mg
Pineapple 1 cup 0.2mg
Red Cabbage, raw 1 cup 0.2mg
Pumpkin, canned ½ cup 0.2mg
Savoy Cabbage, raw 1 cup 0.19mg
Banana 1 medium 0.19mg
Grapefruit 1 fruit 0.17mg
Spinach, raw 1 cup 0.16mg
Watermelon 1 cup 0.15mg
Tart Cherries, raw 1 cup 0.15mg
Mango 1 cup 0.15mg
Tangerines 1 cup 0.14mg
Pears 1 medium 0.14mg
Navel Oranges 1 cup 0.13mg
Watercress 4 oz. 0.12mg
Valencia Oranges 1 cup 0.11mg
Grapes 1 cup 0.11mg
Paprika 1 tsp. 0.1mg
Apples 1 large 0.09mg
Garlic Powder 1 tsp. 0.09mg
Coconut Water 16 fl. oz. 0.08mg

Tart Cherry Juice 8 fl. oz. 0.08mg
Celery 1 large stalk 0.08mg
Ginger, ground 1 tsp. 0.07mg
Lime Juice 2 fl. oz. 0.05mg
Cranberries, dried ¼ cup 0.04mg
Sage, ground 1 tsp. 0.03mg
Lemon Juice 2 fl. oz. 0.03mg
Butter 2 Tbsp. 0.03mg
Garlic, raw 1 clove 0.03mg
Oregano, dried 1 tsp. 0.03mg
*cooked

Glycemic Index

The Glycemic Index is a way of measuring the impact of eating carbohydrates. The Glycemic Index values below will show how fast a specific carbohydrate spikes our blood sugar. Higher numbers convert faster while lower numbers convert slower. Consuming lower glycemic index foods may improve symptoms of obesity and Type 2 Diabetes. Keep in mind that when you eat foods with fat, fiber or as part of a meal, digestion slows down. This is what you want. Imagine eating a giant plate of plain noodles. Of course, you would crash your blood sugar.

Low GI (<55), Medium GI (<56-69), High GI (70>).

Corn Flakes 100
Rice Krispies 100
Cheerios 100
Pure Glucose 100
White Bread 100
Fruit Roll-Ups 99
White Tortillas 97
Croissants 96
Baguette Bread 95
Maltodextrin 95
Gnocchi 95
Rye Bread 92
Corn Syrup 90
Table Sugar 89
Muffins 88
White Rice 87
Ice Cream 87
Rice Milk 86
Baked Potato 85
Instant Oatmeal 83
White Pita Bread 82
Cheese Pizza 80
Muesli 80
Popcorn 79
Fruit cocktail, canned 79
Oatmeal Cookies 79
Gatorade 78
Banana 77
Pound Cake 77
White Bread 75
Kiwi 75
Graham Crackers 74
Wheat Bread 74
Bagel 72
Watermelon 72
Pumpernickel Bread 71
Whole Wheat Bread 71
Cranberry Juice 68
Green Peas 68
Bulgur 68
Ramen Noodles 67
Peaches, canned 67
Pineapple 66
Grapes 66
Couscous 65
Linguine 65
Raisins 64
Macaroni 64
Coca Cola 63
Hamburger Bun 61
Honey 61
Oatmeal 61
Spaghetti 59
Black-Eyed Peas 59
Medjool Dates 55
Plums 55
Pinto Beans 55
Sweet Potato 54
Yams 54
Apples 54
Quinoa 53
Sweet Corn 52
Strawberry Jam 51
Mango 51
Potato Chips 51

Banana 51
Peas 51
Brown Rice 50
Orange Juice 50
Chickpeas 47
Corn Tortillas 46
Fettuccine 46
Papaya 46
Grapes 46
Split Peas 45
Oranges 43
Peaches 42
Apricots 42

Bran Cereal 42
Lentils 41
Kidney Beans 41
Carrots 39
Barley 36
Chocolate Milk 35
Pears 33
Skim Milk 32
Black Beans 30
Wheat Tortilla 30
Prunes 29
Cashews 27
Whole Milk 27

Grapefruit 25
Peanuts 21
Broccoli 15
Celery 15
Cucumber 15
Lettuce 15
Asparagus 15
Bell Peppers 15
Spinach 15
Tomatoes 15
Yogurt 14

Antioxidants

ORAC stands for Oxygen Radical Absorbance Capacity- a measure of how effective antioxidants can fight free radical damage (oxidation) in the body. Oxidation is a destructive process where unstable oxygen molecules steal electrons from stable oxygen molecules.

Several key factors cause the body to age, one of which is free radical damage. This is one of the leading contributors to inflammation and many degenerative diseases (remember not every disease is genetic). Excessive amounts of free radicals can lead to arthritis, cancer and heart disease.

“Free radicals” are unstable electron molecules that roam free in the body and cause harm to us on a cellular level. Environmental factors (air pollution), cooking at high heat with seed oils, poor nutrition, high levels of stress and smoking all contribute to the systemic buildup of harmful free radicals.

Antioxidants are one of the many keys to stopping free radical damage. They are important molecules that give away electrons and remain stable. This stops the dangerous free radical chain reaction and spares the body’s cells from damage.

Antioxidants have many benefits:

-lowers the risk of atherosclerosis
-protects against heart disease and stroke
-reduces your risk of all cancers
-suppresses the growth of tumors
-slows down the progression of Alzheimer’s disease
-protects your eyes from macular degeneration
-offers lung protection from air pollution, asthma, bronchitis and emphysema

The ORAC value is the number assigned to foods that provide us with antioxidants. The ORAC chart below was originally developed by scientists at the National Institute of Aging. The higher the ORAC value, the greater the number of antioxidants that food can provide.

Boiling can reduce the ORAC value by up to 90% while cooking methods such as steaming can retain most of the antioxidants in fruits and vegetables. The U.S. Department of Agriculture recommends a diet that includes fruits and vegetables with the recommendation of 3,000 to 5,000 ORAC points per day (I shoot for 10,000-20,000 points/day).

I believe in the power of a wide range of appropriate foods to capture a wide range of nutrients. There is no one size fits all in the realm of food & nutrition. It would behoove everyone to not buy into any food-based ideology. Sure, you could eat all vegetables or all meat, but what fun is that? The key is to include as many foods in your diet as possible. Variety is the spice of life.

The ORAC values below are based on 1 oz. (28g).

The best sources of Antioxidants:

Sumac Bran 89,257
Cloves, ground 82,938
Amla Berries, dried 74,857
Bee Pollen 70,028
Sorghum Bran 68,571
Oregano, dried 50,084
Rosemary, dried 47,222
Thyme, dried 44,965
Cinnamon, ground 37,548
Turmeric, ground 36,305
Vanilla Bean Paste, dried 34,971
Sage, dried 34,265
Szechuan Pepper, dried 33,828
Grape Seed Extract 30,894
Acai Berry Pulp/Powder 29,342
Allspice, ground 28,685
Marjoram, dried 26,374
Maqui Berry, powder 21,428
Parsley, dried 21,048
Nutmeg, ground 19,897
Basil, dried 17,446
Cacao Powder, raw 15,900
Camu Powder 14,857
Cumin, ground 14,392
Baking Chocolate 14,269
Curry Powder 13,858
Wild Bilberries, dried 13,800
White Pepper, ground 11,628
Maqui Berry Juice 11,428
Dutch Cocoa Powder 11,400
Ginger, ground 11,154
Black Pepper, ground 9,729
Yellow Mustard Seed 8,359
Tangy Tangerine 2.5 1 scoop 8,000
Thyme, raw 7,836
Barberries, raw 7,800
Marjoram, raw 7,799
Chili Powder 6,753
Paprika 6,266
Dark Chocolate 5,947
Saffron 5,885
Lingonberries, raw 5,800
Maqui Berry, raw 5,671
Cayenne Pepper, ground 5,620
Black Raspberries 5,491

Semisweet Chocolate 5,158
Pecans 5,125
Astragalus Root, dried 5,057
Chervil, dried 5,028
Aronia Berries, raw 4,589
Tarragon, raw 4,440
Saskatoon Berries, raw 4,285
Ginger, raw 4,240
Oregano, raw 3,991
English Walnuts 3,868
Japanese Persimmon, dried 3,514
Moringa Stenopetala, dried 3,400
Rosemary, raw 3,162
Black Raspberry Juice 2,988
Golden Raisins 2,985
Super Cacao Why Bar (1 bar) 2,946
Choco Peanut Why Bar (1 bar) 2,879
Hazelnuts 2,755
Wild Blueberries 2,748
Chia Seeds 2,745
Reishi Mushrooms, dried 2,641
Cranberries 2,597
Ashwagandha Root, dried 2,424
Jalapeno Peppers, dried 2,357
Prunes 2,302
Pistachios 2,192
Wild Bilberries, raw 2,157
Milk Chocolate 2,148
Apples, dried 1,908
Garlic Powder 1,904
Plums, raw 1,742
Maca Powder 1,742
Spirulina Powder 1,705
Blackberries, raw 1,687
Apple Almond Why Bar (1 bar) 1,676
Garlic, raw 1,630
Cilantro 1,468
Red Raspberries 1,447
Basil, raw 1,372
Artichokes, canned 1,360
Blueberries 1,334
Sea Buckthorn Berries, raw 1,308
Cabernet Sauvignon Red Wine 1,291
Pomegranates 1,280
Almonds 1,272
Dill Weed, raw 1,254
Strawberries 1,232
Goji Berries, dried 1,231
Onion Powder 1,225
Red Delicious Apples, raw 1,221
Mango Ginger Why Bar (1 bar) 1,138
Blueberry Bliss Why Bar (1 bar) 1,137
Cherry Chia Why Bar (1 bar) 1,126
Granny Smith Apples, raw 1,113
Deglet Noor Dates 1,112
Inca Berries, dried 1,105
Sweet Cherries 1,070
Moringa Stenopetala, raw 1,054
Zesty Lemon Why Bar (1 bar) 1,017
Tamarind 1,000
Peanut Butter, smooth 980
Black Raisins, seedless 973
Kalamata Olives 876
Gala Apples with skin, raw 808
Cardamom, ground 789
Arabica Coffee, medium roast, brewed 794
Arabica Coffee, dark roast, brewed 768
Pomegranate Juice, bottled 766
Red Merlot Wine 762
Golden Delicious Apples, raw 762
Fuji Apples, raw 733
White Guava 728
Mangosteen, raw 717
Red Cabbage 713

Arabica Coffee, light roast, brewed 700
Red Leaf Lettuce 693
Red Zinfandel Wine 685
Concord Grape Juice 682
Medjool Dates 682
Black Cherry Juice 677
Blueberry Juice 674
Black Beans* 642
Pears 628
Old-Fashioned Oats 619
Broccoli* 617
Acai Juice Blends/Bowls 612
Quick Oats 607
Sweet Potato* 604
Chives, raw 598
Savoy Cabbage 585
Red Guava 568
Applesauce, unsweetened 561
Pumpernickel Bread 560
Cashews 556
Hass Avocado 549
Peaches 549
Arugula 544
Red Grapes 524
Navel Oranges, raw 519
Beets 507
Radishes 500
Popcorn, popped 498
Concord Grapes 498
Macadamia Nuts 484
Spinach, frozen 482
Russet Potato, with skin* 480
Asparagus* 469
Grapefruit 468
Tangerines 464
Broccoli Raab* 454
Green Leaf Lettuce 437
Red Onions 434
Spinach, raw 432
Cranberry Juice 414
Yellow Guava 406
Brazil Nuts 405
Yellow Passion Fruit 402
Red Potatoes, with skin* 378
Parsley, raw 371
Mango, raw 371
Chocolate Chip Cookies 368
Green Tea, brewed 357
White Grapefruit Juice 353
Lemon Juice 350
Yellow Onions 348
Yellow Kiwi 345
Flaxseed, ground 322
Black Tea, brewed 321
Apricots 317
Coconut Oil 299
Yellow Bell Peppers 298
Green Grapes 291
Romaine Lettuce 290
Green Olives 287
Orange Bell Peppers 281
Salsa, canned 280
Red Bell Peppers 267
Nectarines 262
Pinto Beans* 258
Kiwi 246
White Onions 246
Bacon* 238
Lime Juice 235
Green Bell Peppers 234
Banana 227
Red Dragon Fruit, raw 217
Shiitake Mushrooms, dried 214
Cauliflower* 211
Sweet Corn, raw 208
Orange Juice, raw 207
Pine Nuts 205
Butter 204
Tomato Sauce, canned 198
Apple Cider Vinegar 176
Chocolate Brownies 171
Maple Syrup 168
Ketchup 162

Celery 157
Cabbage 151
Poppy Seeds 137
Canola Oil 131
Chicken 128
Iceberg Lettuce 125
Peaches, canned 124
Red Wine Vinegar 117
White Wine 112
Tomatoes, raw 110
Pineapple, raw 110
Whole Wheat (flour, bran, germ) 108
Extra Virgin Olive Oil 106
Black Olives 100
Carrots* 93
Cantaloupe 91
Papayas 85
White Dragon Fruit, raw 85
Green Beans, canned 82
Honeydew 72
Cucumber 66
Rambutan Fruit 45
Watermelon 40
Honey, raw 36
Peanut Oil 30
Coconut, shredded 25
Salmon* 8
Egg* (1 large egg) 5
Beef* 3
*cooked

Prebiotics & Probiotics

Prebiotics are foods that are non-soluble (non-digestible). They help to feed good bacteria (probiotics). Basically, they are vitamins for probiotics. Prebiotics come from CARBOHYDRATE fibers (oligosaccharides). You can get oligosaccharides from fruits, legumes and whole grains. Probiotics are beneficial organisms that support the health of our intestinal tract. Probiotics clean out our intestines which also fight illness and DIS-EASE.

Lactobacillus acidophilus, complex carbohydrates, pectin, lactose, Vitamin C and fiber are sources of friendly bacteria that encourage the growth of intestinal flora in the gut microbiome. Friendly bacteria can die within 5 days if they are not given lactic acid or lactose.
Remember the majority of our immune system is found in our gut.

Probiotics have very good benefits:

-flushes out toxins from the intestinal tract
-helps women prevent yeast infections
-corrects stinky gas, bloating and constipation
-may prevent colon cancer
-may be helpful in treating Colitis (large intestine inflammation), IBS and Crohn’s Disease
-fights allergies that lead to acne and eczema

CoQ10

Coenzyme Q10 is a naturally occurring fat-soluble compound synthesized in our bodies, helping to boost cell function. It also acts as a strong antioxidant

that neutralizes the free radicals that can cause oxidative stress and kill you faster. Ubiquinol, the active form of CoQ10, is needed for 95% of our cell's energy production. The body uses CoQ10 to convert carbohydrates and fats into ATP (adenosine triphosphate), which is the primary energy source in our cells. CoQ10 helps to recycle Vitamin C & E. CoQ10 is concentrated in our heart, kidneys, liver and pancreas. As we age, our body makes less CoQ10. However, the body is very efficient at recycling CoQ10.

CoQ10 deficiency symptoms: declining cognition, diabetes, cancer, fibromyalgia, heart disease, Vitamin B6 deficiency, taking statin drugs.

The best sources of CoQ10:

Reindeer Meat*	4 oz.	17.77mg	
Pork Heart*	4 oz.	13.27mg	
Chicken Liver*	4 oz.	13.07mg	
Beef Heart*	4 oz.	12.71mg	
Chicken Heart*	4 oz.	10.35mg	
Mackerel*	4 oz.	7.59mg	
Pork Shoulder*	4 oz.	4.81mg	
Beef Shoulder*	4 oz.	4.50mg	
Beef Liver*	4 oz.	4.38mg	
Beef Sirloin*	4 oz.	3.48mg	
Pork Liver*	4 oz.	3.16mg	
Tangy Tangerine 2.5	1 scoop	3mg	
Herring*	4 oz.	2.87mg	
Bacon*	4 oz.	2.73mg	
Beef Tenderloin*	4 oz.	2.53mg	
Avocado, raw	1 medium	1.90mg	
Extra Virgin Olive Oil	1 Tbsp.	1.62mg	
Chicken*	4 oz.	1.57mg	
Trout*	4 oz.	1.20mg	
Peanut Oil	1 Tbsp.	1.10mg	
Canola Oil	1 Tbsp.	1mg	
Peanuts*	¼ cup	0.80mg	
Parsley, raw	½ cup	0.75mg	
Sesame Seeds	1 Tbsp.	0.70mg	
Sweet Potato*	1 cup	0.66mg	
Pistachios	1 oz.	0.60mg	
Sardines	4 oz.	0.56mg	
Walnuts*	1 oz.	0.54mg	
Broccoli*	½ cup	0.50mg	
Hazelnuts*	1 oz.	0.47mg	
Lentils*	1 cup	0.46mg	
Sesame Oil	1 Tbsp.	0.45mg	
Wild Salmon*	4 oz.	0.45mg	
Whole Milk, raw	8 fl. oz.	0.43mg	
Tuna, canned	1 oz.	0.42mg	
Eggs*	2 large	0.40mg	
Cauliflower*	½ cup	0.40mg	
Oranges	1 medium	0.30mg	
Butter	2 Tbsp.	0.20mg	
Potatoes*	1 cup	0.16mg	
Grapefruit	½ cup	0.13mg	
Apples	½ cup	0.11mg	
Wheat Germ	¼ cup	0.10mg	
Strawberries	½ cup	0.10mg	
Swiss Cheese	1 oz.	0.03mg	

*cooked

Creatine

Although creatine is not an "essential" nutrient, it is very useful for athletic individuals. Creatine is a blend of three amino acids: methionine, glycine, arginine. These three amino acids get converted into creatine phosphate

and phosphocreatine which are then stored in our muscles for energy. Creatine boosts phosphocreatine levels. Phosphocreatine helps to create adenosine triphosphate (ATP); the energetic currency throughout our body.

You will lose a good chunk of creatine when you cook meat. Consume the drippings or use them to make a sauce. Sure, you can supplement your diet with creatine monohydrate. However, this is best for vegetarians and vegans who will naturally have very low levels of creatine since they don't consume meat.

The best sources of Creatine:

Beef Burgers* 4 oz. 1.02g
Herring* 4 oz. 1.02g
Beef Gravy* 4 oz. 1.02g
Salmon* 4 oz. 1.02g
Pork* 4 oz. 0.70g
Bison* 4 oz. 0.70g
Ham* 4 oz. 0.60g
Venison* 4 oz. 0.51g
Lamb* 4 oz. 0.50g
Chicken Breast* 4 oz. 0.40g
Chicken Thigh* 4 oz. 0.40g
Rabbit* 4 oz. 0.40g
Tuna* 4 oz. 0.40g
Cod* 4 oz. 0.30g
Pork Sausage* 4 oz. 0.15g
Bacon* 4 oz. 0.10g
Whole Milk, raw 8 fl. oz. 0.10g
Cranberries, raw 4 oz. 0.002g
*cooked

<u>Caffeine</u>

Black Label Brewed Coffee 12 fl. oz. 1,555mg
Black Insomnia Coffee 12 fl. oz. 1,105mg
Death Wish Coffee 12 fl. oz. 728mg
Caribou Nitro Cold Press 12 fl. oz. 320mg
C4 Ultimate Energy Drink 16 fl. oz. 300mg
Bang Energy 16 fl. oz. 300mg
Bang Shot 3 fl. oz. 300mg
Bang Sweet Tea 16 fl. oz. 300mg
Dunkin' Donuts Energy Cold Brew 10 fl. oz. 292mg
Wawa Brewed Coffee 16 fl. oz. 290mg
Caribou Depth Charge 12 fl. oz. 290mg
Dutch Bros Coffee 911 Breve 12 fl. oz. 280.5mg
Cocaine Energy Drink 12 fl. oz. 280mg
Starbucks Clover Dark Roast 12 fl. oz. 280mg
Starbucks Clover Medium Roast 12 fl. oz. 280mg
Starbucks Clover Reserve Roast 12 fl. oz. 280mg
Starbucks Reserve Nitro Cold Brew 12 fl. oz. 280mg
7 Eleven Brewed Coffee 16 fl. oz. 280mg
Caribou Iced Americano 12 fl. oz. 270mg
Starbucks Blonde Roast 12 fl. oz. 270mg

7 Eleven Energy Shot 2 fl. oz. 260mg
Seattle's Best Brewed Coffee 12 fl. oz. 260mg
Starbucks Iced Via 1 sachet 260-280mg
Starbucks Clover Blonde Roast 12 fl. oz. 255mg
Dunkin' Donuts Americano 10 fl. oz. 237mg
Dunkin' Donuts Iced Macchiato 16 fl. oz. 237mg
Starbucks Pike Place Roast 12 fl. oz. 235mg
Baskin Robbins Cappuccino Blast 24 fl. oz. 234mg

Caribou Brewed Coffee 12 fl. oz. 230mg
Caribou Hot Press Coffee 12 fl. oz. 230mg
5-Hour Energy Extra Strength 1.93 fl. oz. 230mg
Starbucks Dark Mocha Nitro 12 fl. oz. 225mg
Starbucks Triple Shot Energy 15 fl. oz. 225mg
Nutri Cost Guarana Powder 1g 220mg
Starbucks Cold Foam Dark Cocoa Nitro 12 fl. oz. 215mg
Starbucks Nitro Cold Brew 12 fl. oz. 215mg
Starbucks Bottled Cold Brew 11 fl. oz. 175-215mg
Einstein Bros Coffee 16 fl. oz. 206mg
C4 Smart Energy Drink 16 fl. oz. 200mg
Biggby Brewed Coffee 16 fl. oz. 200mg
Starbucks Cold Foam Cascara Nitro 12 fl. oz. 200mg
Celsius Original 12 fl. oz. 200mg
C4 On The Go 12 fl. oz. 200mg
C4 Performance Energy 12 fl. oz. 200mg
5-Hour Energy Regular Strength 1.93 fl. oz. 200mg
Dunkin' Donuts Iced Coffee 16 fl. oz. 198mg
Dunkin' Donuts Frozen Coffee 16 fl. oz. 196mg
Starbucks Featured Dark Roast 12 fl. oz. 195mg
Caribou Caffe Mocha 12 fl. oz. 190mg
Caribou Iced Mocha 12 fl. oz. 190mg
Caribou Cold Press Iced Coffee 12 fl. oz. 190mg
Caribou Espresso Cooler 12 fl. oz. 190mg
Caribou Turtle Mocha 12 fl. oz. 190mg
Caribou Mint Condition 12 fl. oz. 190mg
Caribou Campfire Mocha 12 fl. oz. 190mg

Caribou White Berry Mocha 12 fl. oz. 185mg
Caribou Berry White Mocha 12 fl. oz. 185mg
Caribou Vanilla White Mocha 12 fl. oz. 185mg
Caribou Caramel High Rise 12 fl. oz. 180mg
Dunkin' Donuts Brewed Coffee 10 fl. oz. 180mg
Caribou Iced Latte 12 fl. oz. 180mg

Caribou Americano 12 fl. oz. 180mg

Caribou Cappuccino 12 fl. oz. 180mg

Caribou Macchiato 12 fl. oz. 180mg

Caribou Latte & Lite 12 fl. oz. 180mg

Califia Farms Cold Brew Coffee 8 fl. oz. 180mg

Starbucks Light Roast Coffee 8 fl. oz. 180mg

Dunkin' Donuts Extra Charged Coffee 10 fl. oz. 180mg

Dunkin' Donuts Cold Brew 10 fl. oz. 174mg

Caffe Nero Mocha 12 fl. oz. 170mg

Starbucks Blonde Caffe Americano 12 fl. oz. 170mg

Full Throttle Energy Drink 16 fl. oz. 160mg

Monster Energy Drink 16 fl. oz. 160mg

Rockstar Energy Drink 16 fl. oz. 160mg

Caffe Nero Cappuccino 12 fl. oz. 160mg

Caffe Nero Latte 12 fl. oz. 160mg

Caffe Nero Americano 12 fl. oz. 160mg

Caffe Nero Frappe Latte 12 fl. oz. 160mg

Caribou Draft Mocha 12 fl. oz. 160mg

Starbucks Cordusio Mocha 12 fl. oz. 155mg

Starbucks Cold Foam Cold Brew 12 fl. oz. 155mg

Starbucks Medium Roast Coffee 8 fl. oz. 155mg

Starbucks Cold Brew Coffee 12 fl. oz. 155mg

Dunkin' Donuts Cold Brew Midnight 9 fl. oz. 152mg

Starbucks Blonde Flat White 12 fl. oz. 150mg

Starbucks Double Shot On Ice 12 fl. oz. 150mg

Starbucks Caffe Americano 12 fl. oz. 150mg

Bulletproof Coffee 8 fl. oz. 145mg

Starbucks Irish Cream Cold Brew 12 fl. oz. 145mg

Starbucks Pumpkin Cream Cold Brew 12 fl. oz. 145mg

Tim Hortons Original Blend Coffee 10 fl. oz. 140mg

Dunkin' Donuts Cold Brew Caramel 9 fl. oz. 136mg

Tim Hortons Dark Roast Coffee 10 fl. oz. 135mg

Starbucks Reserve Latte 12 fl. oz. 135mg

Starbucks Dark Roast Coffee 8 fl. oz. 130mg

Tim Hortons Iced Coffee 10 fl. oz. 130mg

Starbucks Flat White 12 fl. oz. 130mg

Dutch Bros Coffee Double Torture 12 fl. oz. 130mg

Starbucks Espresso Frappuccino 12 fl. oz. 130mg

Dunkin' Donuts Espresso Hot Chocolate

10 fl. oz. 127mg
Caribou Coffee Cooler 12 fl. oz. 125mg
Dunkin’ Donuts Iced Dark Roast 16 fl. oz. 124mg
Bing Energy Drink 12 fl. oz. 120mg
Starbucks Iced Coffee 12 fl. oz. 120mg
Dunkin’ Donuts Espresso 1 shot 118mg
Dunkin’ Donuts Iced Latte 16 fl. oz. 118mg

Dunkin’ Donuts Brewed Dark Roast 10 fl. oz. 117mg
Starbucks Caffe Misto 12 fl. oz. 115mg
Tim Hortons Mocha Iced Cappuccino 10 fl. oz. 115mg
Caribou Cold Press Latte 12 fl. oz. 115mg
Coca-Cola Energy 12 fl. oz. 114mg
Burn Energy Drink 12 fl. oz. 112mg
Folgers Coffee 8 fl. oz. 112mg
Maxwell House Coffee 8 fl. oz. 112mg
Starbucks Double Shot Coffee 8 fl. oz. 110mg
Tim Hortons Iced Cappuccino 10 fl. oz. 110mg
Bai Boost 11.47 fl. oz. 110mg
McCafé Premium Roast Coffee 12 fl. oz. 109mg
Starbucks Cold Brew 8 fl. oz. 103mg
Dutch Bros Coffee 12 fl. oz. 101.5mg
Biggby Espresso 2 fl. oz. 100mg
McCafé Mocha Frappe 12 fl. oz. 100mg
Starbucks Molten Chocolate Latte 12 fl. oz. 100mg
Starbucks Brewed Coffee 8 fl. oz. 96mg
Starbucks Iced Mocha 12 fl. oz. 95mg
Starbucks Salted Caramel Mocha 12 fl. oz. 95mg
Caribou Iced Classic Black Tea 12 fl. oz. 95mg
Caribou Iced Mango Black Tea 12 fl. oz. 95mg
Tim Hortons Americano 10 fl. oz. 95mg
Tim Hortons Iced Tea 10 fl. oz. 95mg
Starbucks Caffe Mocha 12 fl. oz. 95mg
Brewed Coffee 8 fl. oz. 94.8mg
Dutch Bros Coffee Dutch Coffee 12 fl. oz. 93.5mg
Dutch Bros Coffee Café Au Laut 12 fl. oz. 93.5mg
Dutch Bros Coffee Keto Americano 12 fl. oz. 93.5mg

Dutch Bros Coffee Dutch Latte 12 fl. oz. 93.5mg
Dutch Bros Coffee Cappuccino 12 fl. oz. 93.5mg
Caribou Iced Breve 12 fl. oz. 90mg
Dunkin’ Donuts Hot Tea 10 fl. oz. 90mg
Tim Hortons Steeped Tea 10 fl. oz. 90mg
McCafé Mocha 12 fl. oz. 86mg

Starbucks Oleato Caffe Latte
12 fl. oz. 85mg
Starbucks Blonde Espresso
12 fl. oz. 85mg
Starbucks Blonde Cappuccino
12 fl. oz. 85mg
Starbucks Blonde Caffe Latte
12 fl. oz. 85mg
Caribou Earl Grey Tea 12 fl. oz. 85mg
Caribou Hot Cinnamon Tea
12 fl. oz. 85mg
Caribou Mango Black Tea
12 fl. oz. 85mg
Red Bull Energy Drink 8.46 fl. oz. 80mg
Blue Rebel Energy Drink
1 can 80mg
Caffe Nero Espresso 1 shot 80mg
Seattle's Best Iced Mocha 12 fl. oz. 80mg
Starbucks Cinnamon Dolce Latte
12 fl. oz. 75mg
Starbucks Iced Pumpkin Spice Latte
12 fl. oz. 75mg
Starbucks Espresso 1 shot 75mg
Starbucks Cappuccino 12 fl. oz. 75mg
Starbucks Caramel Macchiato
12 fl. oz. 75mg
Starbucks Caramel Flan Latte
12 fl. oz. 75mg
Starbucks Iced Cappuccino
12 fl. oz. 75mg
Starbucks Peppermint Mocha
12 fl. oz. 75mg

Starbucks Smoked Butterscotch Latte
12 fl. oz. 75mg
Seattle's Best Espresso 1 shot 75mg
Seattle's Best Classic Latte
12 fl. oz. 75mg
Seattle's Best Cappuccino 12 fl. oz. 75mg
Starbucks Caffe Latte 12 fl. oz. 75mg
Tim Hortons Cappuccino
10 fl. oz. 75mg
Caribou Iced Tropical Green Tea
12 fl. oz. 75mg
Caribou Chai Latte 12 fl. oz. 75mg
Caribou Iced Chai Tea Latte
12 fl. oz. 75mg
Starbucks Hazelnut Macchiato
12 fl. oz. 75mg
McCafé Latte 12 fl. oz. 71mg
McCafé Americano 12 fl. oz. 71mg
McCafé Cappuccino 12 fl. oz. 71mg
McCafé Caramel Latte 12 fl. oz. 71mg
McCafé Caramel Macchiato
12 fl. oz. 71mg
McCafé Espresso 1 shot 71mg
McCafé French Vanilla Cappuccino
12 fl. oz. 71mg
McCafé French Vanilla Latte
12 fl. oz. 71mg
McCafé Iced Caramel Macchiato
12 fl. oz. 71mg
McCafé Iced Latte 12 fl. oz. 71mg
Dunkin' Donuts Hot Green Tea
10 fl. oz. 70mg
Starbucks Classic Chai Tea Latte
12 fl. oz. 70mg
Tim Hortons Café Mocha
10 fl. oz. 70mg

Caribou Pomegranate Oolong Tea
12 fl. oz. 65mg
Starbucks Hazelnut Frappuccino
12 fl. oz. 65mg
Tim Hortons Mocha Latte
10 fl. oz. 65mg

Starbucks Espresso 1 fl. oz.
63.6mg
Crystal Light Energy Mix
16 fl. oz. 60mg
Crystal Light Iced Tea 16 fl. oz.
60mg
Tim Hortons English Toffee
Cappuccino
10 fl. oz. 60mg
Tim Hortons French Vanilla
Cappuccino
10 fl. oz. 60mg
Dunkin' Donuts Dunkaccino
10 fl. oz. 58mg
Pepsi One 12 fl. oz. 55.5mg
Bai Antioxidant Infusion
18 fl. oz. 55mg
Teavana Green Tea Latte
12 fl. oz. 55mg
Mountain Dew 12 fl. oz. 54mg
Dunkin' Donuts Vanilla Chai
10 fl. oz. 54mg
Sun Drop 12 fl. oz. 53mg
Mello Yello 12 fl. oz. 51mg
Caribou Iced Pomegranate Oolong
Tea
12 fl. oz. 50mg
Starbucks Green Tea Crème
12 fl. oz. 50mg
Gold Peak Tea 18.5 fl. oz. 48mg
Brewed Black Tea 8 fl. oz. 48mg
Dutch Bros Coffee Dutch Espresso
1 shot 46.75mg
Diet Coke 12 fl. oz. 46mg
Caribou Citron Green Tea
12 fl. oz. 45mg
Zevia Cola 12 fl. oz. 45mg
Starbucks Bottled Frappuccino
13.7 fl. oz. 45-130mg
Dunkin' Donuts Iced Tea
16 fl. oz. 45mg
Tim Hortons Espresso 1 shot
45mg
Shasta Cola 12 fl. oz. 44mg
Shasta Cherry Cola 12 fl. oz.
44mg
Shasta Diet Cola 12 fl. oz. 44mg
Faygo Cola 12 fl. oz. 43mg
RC Cola 12 fl. oz. 43mg

McCafé Hot Tea 12 fl. oz. 42mg
Dunkin' Donuts Iced Green Tea
16 fl. oz. 42mg
Teavana Yunnan Golden
1 sachet 41mg
Dr. Pepper 12 fl. oz. 41mg
Diet Dr. Pepper 12 fl. oz. 41mg
Teavana Matcha Japanese
1 sachet 41mg
Starbucks Matcha Tea Latte
8 fl. oz. 40mg
Slim Fast Cappuccino Delight
Shake
12 fl. oz. 40mg
Caribou Matcha Latte Hot Tea
12 fl. oz. 40mg
Caribou Matcha Latte Iced Tea
12 fl. oz. 40mg
Tim Hortons Iced Latte 10 fl. oz.
40mg
Instant Tea 1 tsp. 40mg
Sunkist Orange 12 fl. oz. 40mg
Pibb Xtra 12 fl. oz. 40mg
Mr. Pibb Sugar-Free 12 fl. oz.
40mg
McCafé Iced Sweet Tea 12 fl. oz.
38mg

Pepsi Zero Sugar 12 fl. oz. 38mg
Big Red Soda 12 fl. oz. 38mg
Pepsi Wild Cherry 12 fl. oz. 38mg
Pepsi 12 fl. oz. 37.5mg
Snapple Tea 16 fl. oz. 37mg
Diet Pepsi 12 fl. oz. 35mg
Tim Hortons Hot Latte 10 fl. oz. 35mg
Seattle's Best Iced Brewed Coffee 12 fl. oz. 35mg
Cherry Coke 12 fl. oz. 34mg
Coca-Cola 12 fl. oz. 34mg
Jarritos 12.5 fl. oz. 32mg
Instant Coffee 1 tsp. 31.4mg
Liquid Death Iced Tea 19.2 fl. oz. 30mg
Canada Dry Cola 12 fl. oz. 30mg
Caribou Green Tea Sparkling Lemonade 12 fl. oz. 30mg
Arizona Iced Tea 16 fl. oz. 30mg
Brewed Green Tea 8 fl. oz. 29.4mg
A & W Crème Soda 12 fl. oz. 29mg
Chocolate Mousse 1 cup 28.2mg
Nestea Sweet Iced Tea 12 fl. oz. 26.5mg
Teavana Cacao Mint 1 sachet 26-40mg
Teavana Sencha Jade Reserve 1 sachet 26-40mg
Teavana Earl Grey White 1 sachet 26-40mg
Teavana Jasmine Oolong 1 sachet 26-40mg
Teavana Gyokuro Imperial 1 sachet 26-40mg
Teavana Jeju Island 1 sachet 26-40mg
Teavana Masala 1 sachet 26-40mg
Teavana Imperial Acai Blueberry 1 sachet 26-40mg
Nestea Unsweetened Tea 12 fl. oz. 26mg
Starbucks Defense Wellness White Tea 12 fl. oz. 25mg
Starbucks Citrus Defender White Tea 12 fl. oz. 25mg
Unsweetened Chocolate 1 oz. 23.2mg
Lipton Diet Green Tea 16.9 fl. oz. 23mg
Dark Chocolate (70-85%) 1 oz. 22.7mg
A & W Diet Crème Soda 12 fl. oz. 22mg
Barq's Root Beer 12 fl. oz. 22mg
Starbucks Chocolate Milk 12 fl. oz. 20mg
Starbucks Decaf Coffee 12 fl. oz. 20mg
Caribou Peach Black Sparkling Tea 12 fl. oz. 20mg
Starbucks Chai Tea 8 fl. oz. 20mg
Starbucks Hot Chocolate 12 fl. oz. 20mg
Hershey Special Dark 1.45 oz. 20mg
Faygo Moon Mist 12 fl. oz. 20mg
Slim Fast Chocolate Shake 12 fl. oz. 20mg
Dunkin' Donuts Decaf Iced Coffee 16 fl. oz. 18mg
Teavana Precious White Peach 1 sachet 16mg
Teavana Peach Momotaro 1 sachet 16mg

Teavana Youth Berry 1 sachet 16mg
Teavana Lavender Dreams 1 sachet 16mg
Teavana Flowering Pineapple 1 sachet 16mg
Teavana Moroccan Mint 1 sachet 16mg
Teavana Scarlet Cloud 1 sachet 16mg
Teavana Grape Wulong 1 sachet 16mg
Teavana Monkey Picked 1 sachet 16mg
Teavana Dragonwell 1 sachet 16mg
Teavana Watermelon Mint Chiller 1 sachet 16mg
Teavana Guava Papaya 1 sachet 16mg
Tim Hortons Hot Chocolate 10 fl. oz. 15mg
Arizona Arnold Palmer Half & Half 16.9 fl. oz. 15mg
Coffee Liqueur 1.5 fl. oz. 13.5mg
Panera Charged Lemonade 30 fl. oz. 13mg
Cacao Powder 1 Tbsp. 12.4mg
Semi-Sweet Chocolate 1 oz. 12.2mg
Arby's Jamocha Shake 16 fl. oz. 11mg
Brisk Iced Tea 12 fl. oz. 11mg
Caribou Hot Chocolate 12 fl. oz. 10mg
Dutch Bros Coffee Hot Chocolate 12 fl. oz. 10mg
Dunkin' Donuts Hot Chocolate 10 fl. oz. 9mg
Hershey Chocolate Bars 1.45 oz. 9mg
Lipton Brisk, all varieties 12 fl. oz. 9mg
McCafé Decaf Coffee 12 fl. oz. 8mg
Kombucha 16 fl. oz. 8-60mg
Dunkin' Donuts Mint Hot Chocolate 10 fl. oz. 8mg
McCafé Hot Chocolate 12 fl. oz. 7mg
Dunkin' Donuts Decaf Coffee 10 fl. oz. 7mg
Tim Hortons Decaf Coffee 10 fl. oz. 6mg
Kit Kat Bar 1.48 oz. 6mg
Snickers Bar 1.69 oz. 5mg
M&M's 1 oz. 5mg

Hot Cocoa 8 fl. oz. 5mg
Dunkin' Donuts Frozen Chocolate 16 fl. oz. 5mg
Boost Nutritional Drink 8 fl. oz. 5mg
Dutch Cocoa Powder 1 Tbsp. 4.2mg
Caribou Decaf Coffee 12 fl. oz. 4mg
Dunkin' Donuts Oreo Hot Chocolate 10 fl. oz. 4mg
Reese's Peanut Butter Cups 1 cup 4mg
Choco Peanut Why Bar 1 bar 3mg
Super Cacao Why Bar 1 bar 3mg
Decaf Brewed Coffee 8 fl. oz. 2.4mg
Chocolate Syrup 2 Tbsp. 2.3mg
Chocolate Ice Cream ½ cup 1.7mg
Chocolate Fudge 1 oz. 1.4mg
Milk Chocolate 1 oz. 1.4mg

Oreo Cookies 1 cookie 1.3mg
Teavana Strawberry Paraiso 1 sachet 1-15mg
Teavana Very Berry 1 sachet 1-15mg
Teavana Strawberry Blush Rose 1 sachet 1-15mg
Teavana Wild Orange 1 sachet 1-15mg
Teavana Pumpkin Spice Brulee 1 sachet 1-15mg
Teavana Blackberry Mojito 1 sachet 1-15mg
Teavana Jade Citrus Mint 1 sachet 1-15mg
Teavana Sakura Allure 1 sachet 1-15mg
Teavana Strawberry Grapefruit 1 sachet 1-15mg
Teavana Peach Berry Jasmine 1 sachet 1-15mg
Teavana Cucumber Melon Cooler 1 sachet 1-15mg
Teavana Sweet Asian Pear 1 sachet 1-15mg
Teavana Maharaja 1 sachet 1-15mg
Teavana Raspberry Pineapple Luau 1 sachet 1-15mg

Teavana Samurai Blend 1 sachet 1-15mg
Teavana Emperor's Clouds & Mist 1 sachet 1-15mg
Teavana White Ayurvedic 1 sachet 1-15mg
Teavana Jasmine Dragon 1 sachet 1-15mg
Teavana Cha Yen Thai 1 sachet 1-15mg
Teavana Toasted Nut Brulee 1 sachet 1-15mg
Teavana Spiced Mandarin 1 sachet 1-15mg
Teavana Jasmine Silver Needle 1 sachet 1-15mg
Teavana Strawberry Cream 1 sachet 1-15mg
Teavana Blood Orange Sorbet 1 sachet 1-15mg

<u>Occurrence of Mercury in Fish</u>

Shark 4.54ppm
Tilefish, Gulf of Mexico 3.73ppm
Swordfish 3.22ppm
Chilean Sea Bass 2.18ppm
King Mackerel 1.67ppm
Mackerel, Gulf of Mexico 1.56ppm
Halibut 1.52ppm
Yellowfin Tuna 1.47ppm
Bluefish 1.45ppm
Snapper 1.36ppm
Orange Roughy 1.12ppm
Sablefish 1.05ppm
Cod 0.98ppm
Bass, saltwater 0.96ppm
Marlin 0.92ppm
Tuna, canned 0.88ppm
Albacore Tuna 0.82ppm
Mackerel, South Atlantic 0.73ppm

Trout, freshwater 0.67ppm
Crab 0.61ppm
Perch 0.57ppm
Herring 0.56ppm
Mahi Mahi 0.45ppm
Lobster 0.45ppm
Catfish 0.314ppm
Whitefish 0.31ppm
Oysters 0.25ppm
Mackerel, Pacific 0.19ppm
Haddock 0.19ppm
Salmon, frozen 0.19ppm
Mackerel, North Atlantic 0.16ppm
Salmon, canned 0.086ppm
Tilapia 0.084ppm
Sardines 0.083ppm
Pollock 0.078ppm
Squid 0.07ppm
Shrimp 0.05ppm
Crawfish 0.05ppm
Anchovies 0.049ppm
Scallops 0.033ppm
Clams 0.028ppm

Fluoride Levels in Food*

Lemon Instant Tea Powder 584mcg
Black Tea, brewed 373mcg
Instant Tea Powder, unsweetened 335mcg
Raisins 234mcg
White Grape Juice 213mcg
Blue Crab, canned 210mcg
Chardonnay 202mcg
Shrimp, canned 201mcg
Shrimp** 166mcg
Fish Sticks* 134mcg
McDonald's French Fries 115mcg
Potato Chips 106mcg
Merlot 104mcg
Beef Gravy, canned 99mcg
Cream of Wheat** 94mcg
Coffee, brewed 90mcg
Grape Pop 86mcg
Mashed Potatoes & Gravy** 84mcg
Tonic Water 82mcg
"Municipal Tap Water" 81mcg
Orange Pop 80mcg
Dannon Bottled Water 78mcg
Grape Juice 77mcg
Grape Jelly 73mcg
Oatmeal** 72mcg
Root Beer 71mcg
Instant Coffee Powder 70mcg
Chicken Broth, canned 70mcg
Chocolate Almond Milk 69mcg
Oatmeal Raisin Cookies 69mcg
Cranberry Juice 67mcg
Oysters 63mcg
Hershey Chocolate Syrup 63mcg
Prune Juice 62mcg
Hot Cocoa 61mcg
Apple Juice 61mcg
Coconut, shredded 60mcg
Chicken Pot Pie** 58mcg
Coca Cola 57mcg
Beef Stew, canned** 57mcg
Sprite 56mcg

Grits** 56mcg
Onions Rings** 55mcg
Chicken Noodle Soup** 55mcg
Orange Juice 54mcg
Baked Beans, canned 54mcg
Corn Chips 52mcg
Tortilla Chips 52mcg
Decaf Coffee, brewed 52mcg
Rye Bread 51mcg
White Bread 49mcg
Beef Hot Dogs** 48mcg
Grapefruit Juice 46mcg
Baked Potato 45mcg
Beer 44mcg
Pork Roast** 42mcg
Hard Cider 42mcg
White Rice 41mcg
Salami 41mcg
Oatmeal Crème Pie 41mcg
Blueberry Muffins 39mcg
Brownies 38mcg
Spinach** 38mcg
Spaghetti with Meat Sauce** 38mcg
Pork Chop** 38mcg
Clam Chowder Soup** 36mcg
Black Bean Soup, canned** 36mcg
Bologna 36mcg
Cheddar Cheese 35mcg
American Cheese 35mcg
Tomato Sauce 35mcg
Black Pepper 34mcg
Bacon** 34mcg
Flour Tortillas 33mcg
Lamb** 32mcg
Cottage Cheese 32mcg
Pumpkin Pie 32mcg
Tuna, canned 31mcg
Cheese Pizza** 31mcg
Meatloaf** 30mcg
Pickles 30mcg
Cheese Sauce 29mcg
Beef Broth, canned 29mcg
Ranch Dressing 29mcg
Hamburger** 28mcg
Collard Greens** 27mcg
Nestle Chocolate Syrup 26mcg
Beets, canned 26mcg
Buttermilk Biscuits 26mcg
Doughnuts 26mcg
Well Water 25mcg
Crackers 24mcg
Chocolate Ice Cream 23mcg
Beef** 22mcg
Cake 22mcg
Chicken Sausage** 22mcg
Asparagus** 22mcg
Turkey** 21mcg
Pancakes 20mcg
Pastrami** 20mcg
Ham** 20mcg
Cranberry Sauce, canned 19mcg
Corn 18mcg
Lasagna** 18mcg
Waffles 18mcg
Cornflakes 17mcg
Peanuts, dry-roasted 16mcg
Pork Sausage** 16mcg
Chicken** 15mcg
Ketchup 15mcg
Vanilla Milkshake 14mcg
Apple Pie 13mcg
Coleslaw 11mcg
Cornbread 11mcg
Lobster** 11mcg
Pecans 10mcg
Mushrooms, canned 10mcg
Mayonnaise 9mcg
Yogurt 9mcg
Grapes 9mcg
Pears, canned 8mcg
Peaches, canned 8mcg
Sweet Potatoes** 8mcg

Honey 7mcg
Sauerkraut 7mcg
Pasta** 7mcg
Avocado 7mcg
Pineapple Juice, canned 6mcg
Noodles** 6mcg
Radishes 6mcg
Popcorn** 6mcg
Lettuce 5mcg
Vanilla Ice Cream 5mcg
Applesauce 5mcg
Buttermilk 4mcg
Strawberries 4mcg
Broccoli** 4mcg
Pineapple, canned 4mcg
Blueberry Pie Filling, canned 4mcg
Celery 4mcg
Peaches 4mcg
Prunes 4mcg
Butter, unsalted 3mcg
Peanut Butter 3mcg
Heavy Cream 3mcg
Carrots 3mcg
Apples 3mcg
Watermelon 2mcg
Prepared Mustard 2mcg
Pears 2mcg
Banana 2mcg
Plums 2mcg
Cherries 2mcg
Wheat Bagels 2mcg
Pinto Beans** 2mcg
Red Bell Peppers 2mcg
Iodized Salt 2mcg
Cucumber 1mcg
Cantaloupe 1mcg
Onions 1mcg
Cabbage 1mcg
Eggs** 1mcg
Grapefruit 1mcg
Cauliflower 1mcg
Granulated Sugar 1mcg
*based on 100g (3.5 oz.)
**cooked

<u>Hot Pepper List</u>

The capsaicin level of hot peppers are measured by Scoville units, which is a grading system invented by the American pharmacist Wilbur Scoville in 1912.

The higher the score, the hotter the pepper!

Pepper X 2,693,000
Carolina Reaper 2,200,000
Trinidad Moruga Scorpion 2,000,000
7 Pot Brown 1,853,396
Trinidad Douglah 1,853,396
7 Pot Primo 1,473,480
Trinidad Scorpion Butch T Pepper 1,463,700
Komodo Dragon Pepper 1,400,000
Naga Viper 1,382,118
7 Pot Brain Strain 1,350,000
7 Pot Barrackpure 1,300,000
Dorset Naga 1,221,000
7 Pot Jonah 1,200,000
7 Pot Infinity 1,176,182
Bedfordshire Super Naga 1,120,000
Naga Morich 1,100,000
Gibraltar Naga 1,086,844
Bhut Jolokia (Ghost Pepper) 1,041,427
Bhut Jolokia Chocolate 1,001,304

Trinidad Scorpion Cardi 1,000,000
Trinidad 7 Pot 1,000,000
Jones 19 Pepper 691,000
Red Savina Habanero 580,000
Chocolate Habanero 577,000
Yucatan White Habanero 500,000
Devil's Tongue Red 500,000
Caribbean Red Habanero 475,000
White Bullet Habanero 400,000
Tigerpaw-NR Habanero 350,000
Scotch Bonnet 350,000
Peruvian White Habanero 350,000
Madame Jeanette 350,000
Hot Paper Lantern 350,000
Peach Habanero 350,000
Orange Habanero 350,000
Wiri Wiri Pepper 350,000
Mustard Habanero 325,000
Golden Habanero 325,000
Fatalii Pepper 325,000
Devil's Tongue Yellow 325,000
Datil Pepper 300,000
Cumari do Para Pepper 300,000
Rocato Pepper 250,000
Chiltepin Pepper 150,000
Carolina Cayenne 125,000
Tabiche Pepper 115,000
Bahamian Bird Pepper 110,000
Thai Super Chile 100,000
Thain Sun Pepper 100,000
Thai Pepper 100,000
Thai Ornamental 100,000
Thai Volcano Pepper 100,000
Siling Labuyo 100,000
Purira Chile Pepper 100,000
Malagueta Pepper 100,000
Dundicut Pepper 100,000
Diablo Grande Pepper 100,000
Charleston Hot Pepper 100,000
Yatsufusa Chile Pepper 75,000
Tianjin Pepper 75,000
Prairie Fire Pepper 70,000
Numex XX Hot Pepper 70,000
Pequin Pepper 60,000
Chile de Arbol 60,000
Tennessee Teardrop 50,000
Tabasco Pepper 50,000
Super Chili Pepper 50,000
Red Amazon Pepper 50,000
Numex Twilight 50,000
Manzano Pepper 50,000
Golden Cayenne 50,000
Cheyenne Pepper 50,000
Cayenne Chile Pepper 50,000
Arapaho Pepper 50,000
Aji Omnicolor 50,000
Aji Limo 50,000
Aji Charapita 50,000
Aji Amarillo 50,000
Guntur Sannam Chile Pepper 40,000
Hot Golden Nugget Pepper 35,000
Santaka Pepper 35,000
Sandia Hot Pepper 30,000
Quintisho Pepper 30,000
Puya Chile Pepper 30,000
Peter Pepper 30,000
Jwala Finger Hot Pepper 30,000
Hontaka Pepper 30,000
Ho Chi Minh Hot Pepper 30,000
Hinkelhatz Hot Pepper 30,000
Fish Pepper 30,000
Bulgarian Carrot 30,000
Brazilian Starfish 30,000
Bolivian Rainbow Pepper 30,000
Barker's Hot Pepper 30,000
Serrano Pepper 25,000
Ring-O-Fire Cayenne 20,000
Hidalgo Chile Pepper 20,000
Aci Sivri Pepper 20,000

Mad Hatter Pepper 15,000
Hungarian Wax Pepper 15,000
Bishop’s Crown Pepper 15,000
Purple Jalapeno 10,000
Kung Pao Pepper 10,000
Yellow Jalapeno 10,000
Fresno Pepper 10,000
Chipotle Morita 10,000
Chipotle Meco 10,000
Alma Spicy Paprika Pepper 10,000
Aleppo Pepper 10,000
Rezha Macedonian 8,000
Cascabel Chile Pepper 8,000
Chimayo Chile Pepper 6,000
Cascabella 6,000
Numex Heritage 6-4 5,000
Mirasol Chile Pepper 5,000
Hatch Chile Pepper 5,000
Guajillo Chile Pepper 5,000
Cherry Bomb Pepper 5,000
Candlelight Pepper 5,000
Cacho de Cabra 5,000
Numex Joe E. Parker Pepper 4,000
Numex Espanola Improved 4,000
Numex Big Jim 3,000
Mulato Chile Pepper 3,000
Alma Paprika Pepper 3,000
Rocotillo Chile Pepper 2,500
Pasilla Pepper 2,500
Padron Pepper 2,500
Hungarian Black Pepper 2,500
Chilaca Pepper 2,500
Ancho Chile Pepper 2,500
Anaheim Chile Pepper 2,500
Poblano 2,000
Aji Panca 1,500
Peppadew 1,177
Shishito Pepper 1,000
Pimenta Biquinho 1,000
Paprika Chile Pepper 1,000
Italian Long Hots 1,000
Cubanelle Chile Pepper 1,000
Beaver Dam Pepper 1,000
Numex R Naky 750
Santa Fe Grande Pepper 700
Sonora Chile Pepper 600
Trinidad Perfume Pepper 500
Pimento Pepper 500
Italian Pepperoncini 500
Corno di Toro Pepper 500
Banana Pepper 500
Paprika Supreme 200
Melrose Pepper 100
Italian Sweet Pepper 0
Bell Pepper 0

Melatonin*

Melatonin is a naturally occurring hormone that our bodies can make. Melatonin is also found in food and supplements. This hormone regulates sleep, acting as the body’s internal clock. Melatonin has antioxidant, anti-inflammatory, anti-diabetic and anti-cancer properties. Melatonin can boost our immune system, improve athletic performance and promote weight loss! Melatonin is not stored in the body as it is instantly released into our blood stream. Excess melatonin is excreted through urination. The body can make 10-80 mcg of melatonin per night. Keep in mind that too

much blue light, being fat and getting older decreases the amount of melatonin that we can naturally produce.

The best sources of Melatonin:

Merlot Wine** 10,000-15,000mcg
Mushrooms 640-1,290mcg
Cranberries 250-960mcg
Sprouted Lentils 100mcg
Brewed Coffee (8 fl. oz.) 40mcg
Tomatoes, dried 25mcg
Pistachios 23.3mcg
Wheat 12.5mcg
Wine** 12mcg
Corn 9.6mcg
Peppers, dried 9.3mcg
Oats 9.1mcg
Barley 8.2mcg
Almonds 3.9mcg
Brown Rice 1.6-26.4mcg
Tart Cherries 1.34mcg
Peppers, fresh 1.20mcg
Strawberries 1.12mcg
Walnuts 0.35mcg
Orange Juice** 0.30-2.2mcg
Ginger 0.14mcg
Peanuts 0.11mcg
Apples 0.7-6.7mcg
Asparagus 0.07mcg
Bananas 0.07mcg
Tomatoes, fresh 0.05mcg
Grape Juice** 0.05mcg
Brewed Black Tea 0.04mcg
Pineapple 0.03mcg
Broccoli 0.02mcg
Pomegranate 0.02mcg
Grapes 0.1-15mcg
Beer 0.01mcg
*based on 3.5 oz
**based on 100mL

<u>Oxalate Levels in Food</u>

Amaranth* 1 cup 3,739mg
Amaranth Leaves 1 oz. 2,873mg
Beets Greens* 1 cup 1,832mg
Purslane Leaves* 1 cup 1,820mg
Rhubarb* 1 cup 1,720mg
Spinach* 1 cup 1,510mg
Swiss Chard* 1 cup 1,320mg
Okra* 1 cup 1,014mg
Poke Greens* 1 cup 952mg
Spinach, raw 1 cup 656mg
Edamame* 1 cup 420mg
Cassava* 1 oz. 360mg
Prickly Pear 1 oz. 328mg
Parsley, dried 1 oz. 324mg
Rice Bran 1 cup 281mg
Endive 20 leaves 273mg
Caraway Seeds 1 oz. 257mg
Kale* 1 cup 250mg
Fennel Seeds 1 oz. 232mg
Buckwheat* 1 cup 225mg
Turnip Greens* 1 cup 220mg
Wheat Berries* 1 cup 196mg
Quinoa* 1 cup 195mg
Great Northern Beans* 1 cup 194mg
Parsnips* 1 cup 174mg
Dill Weed, dried 1 oz. 155mg
Beets* 1 cup 152mg
Navy Beans* 1 cup 152mg
Collard Greens* 1 cup 148mg
Taro* 1 oz. 139mg
Buckwheat Groats* 1 cup 133mg
Almonds* 1 oz. 122mg
Sesame Seeds 2 Tbsp. 108mg
Grits* 1 cup 97mg

Soy Flour 1 cup 94mg
Carrots* 1 cup 90mg
Cinnamon, ground 1 tsp. 90mg
Bulgur* 1 cup 86mg
Cardamom, ground 1 tsp. 81mg
Brussels Sprouts* 1 cup 74mg
Tea Leaves** 1 tsp + 8 oz. water 72mg
Strawberries 1 cup 70mg
Palm Oil 1 Tbsp. 70mg
Kidney Beans* 1 cup 69mg
Cloves, ground 1 tsp. 68mg
Wheat Germ* ¼ cup 67mg
Gooseberries ½ cup 66mg
Black Raspberries 1 cup 66mg
Black Beans* 1 cup 66mg
Brown Rice Flour 1 cup 65mg
Cornmeal 1 cup 65mg
White Potato* 1 medium 64mg
Bran Cereal 1 cup 63mg
Millet* 1 cup 62mg
Rutabaga* 1 cup 62mg
Turnip* 1 cup 60mg
Peanut Oil 1 Tbsp. 60mg
Pineapple 1 cup 60mg
Turmeric, ground 1 tsp. 57mg
Hazelnuts* 1 oz. 55mg
Thyme, raw 1 oz. 52mg
Pine Nuts* 1 oz. 51mg
Cashews* 1 oz. 49mg
Cumin, ground 1 tsp. 48mg
Dandelion Greens 1 oz. 48mg
Red Raspberries 1 cup 48mg
Green Beans* 1 cup 46mg
Parsley, raw 1 oz. 44mg
Cacao Powder 1 Tbsp. 42mg
Pinto Beans* 1 cup 42mg
Apples, raw 1 medium 41mg
Miso Broth* 1 cup 40mg
Fava Beans* 1 cup 40mg
Goji Berries 1 oz. 39mg
Mixed Nuts 1 oz. 39mg
Bamboo Shoots* 1 cup 35mg
Tomato Sauce* 1 cup 34mg
Pomegranate 1 oz. 34mg
Celery 2 stalks 34mg
Milk Chocolate 1 oz. 34mg
Cocoa Powder 1 Tbsp. 33mg
Dill Weed, raw 1 oz. 32mg
Refried Beans* 1 cup 32mg
Oranges 1 medium 29mg
Whole Wheat Flour 1 cup 29mg
Sweet Potato* 1 cup 28mg
Coriander, ground 1 tsp. 28mg
Soy Protein Isolate 1 oz. 27mg
Carrot Juice 8 fl. oz. 27mg
Blackberries 1 cup 26mg
Concord Grapes 1 cup 26mg
Ginger, ground 1 tsp. 26mg
Brown Rice* 1 cup 24mg
Medjool Dates 1 date 24mg
Grapefruit 1 fruit 24mg
Figs, dried 5 figs 24mg
Chickpeas* 1 cup 23mg
Lasagna Pasta* 1 serving 23mg
Blueberries 1 cup 22mg
Peanut Butter 2 Tbsp. 22mg
Lentils* 1 cup 21mg
Curry Powder 1 tsp. 21mg
Avocado 1 medium 19mg
Chives 1 Tbsp. 19mg
Cream of Wheat* 1 cup 18mg
Kalamata Olives 10 olives 18mg
V8 Juice 8 fl. oz. 18mg
All-Purpose Flour 1 cup 17mg
Mango 1 cup 17mg
Farina Cereal* 1 cup 16mg
Oats 1 cup 16mg
Kiwi 1 fruit 16mg
Tahini 1 Tbsp. 16mg
Trail Mix ½ cup 15mg
Walnuts* 1 oz. 15mg
Leeks ½ medium 15mg
Couscous* 1 cup 15mg

Black Pepper 1 tsp. 14mg
Tomato Juice 8 fl. oz. 14mg
Rice Milk 8 fl. oz. 13mg
Cranberry Juice 8 fl. oz. 12mg
Spaghetti Pasta* 1 cup 11mg
White Rice Flour 1 cup 11mg
Prunes 5 prunes 11mg
Red Currants ½ cup 11mg
Spelt 1 oz. 10mg
Apricots 2 medium 10mg
Pecans* 1 oz. 10mg
Tangerines 1 fruit 10mg
Chili Powder 1 tsp. 7mg
Paprika 1 tsp. 7mg
Broccoli* 1 large stalk 6mg
Watercress 1 oz. 5mg
Nutmeg, ground 1 tsp. 4mg
Arugula 1 oz. 3mg
Olive Oil 1 Tbsp. 3mg
*cooked **brewed

Polyphenol Levels in Food*

Polyphenols are a category of phytochemicals that are found naturally in plants. They may help to reduce inflammation, improves our gut bacteria, helps to regulate cholesterol levels, lowers blood pressure levels and lower the risk of diabetes by slowing down digestion to improve insulin sensitivity. Higher consumption of polyphenol rich foods may help with maintaining a healthy waistline.

Cloves, ground 4,339mg
Peppermint, dried 3,417mg
Star Anise 1,560mg
Cacao Powder 985mg
Oregano, dried 662mg
Celery Seed 598mg
Chokeberry 501mg
Dark Chocolate 475mg
Flaxseeds 436mg
Elderberries 388mg
Chestnuts* 347mg
Sage, dried 344mg
Rosemary, dried 290mg
Spearmint, dried 273mg
Thyme, dried 250mg
Wild Blueberries 238mg
Black Currants 216mg
Capers 186mg
Black Olives 162mg
Blueberries 160mg
Hazelnuts** 141mg
Pecans** 140mg
Plums 107mg
Green Olives 98mg
Basil, dried 92mg
Curry Powder 81mg
Cherries 78mg
Artichokes** 74mg
Blackberries 74mg
Edamame* 70mg
Milk Chocolate 67mg
Strawberries 67mg
Red Chicory 67mg
Red Raspberries 61mg
Coffee 61mg
Ginger, ground 57mg
Whole Wheat Flour 57mg
Prunes 55mg
Almonds** 53mg
Concord Grapes 48mg
Red Onions 48mg
Green Chicory 47mg
Thyme, raw 46mg
Corn Flour 43mg

Rye Flour 40mg
Apples 38mg
Spinach, raw 34mg
Shallots 32mg
Lemon Verbena 30mg
Black Tea 29mg
Red Wine 29mg
Green Tea 25mg
Yellow Onion 21mg
Apple Juice 19mg
Pomegranate Juice 19mg
Extra Virgin Olive Oil 17mg
Black Beans* 16mg
Peaches 16mg
Blood Orange Juice 16mg
Cumin, ground 15mg
White Beans** 14mg
Cinnamon 14mg
Orange Juice 13mg
Broccoli** 12mg
Red Currants 12mg
Lemon Juice 12mg
Oats 10mg
Apricots 10mg
Caraway Seeds 10mg
Asparagus** 8mg
Walnuts** 8mg
Potato** 8mg
Parsley, dried 7mg
Nectarines 7mg
Endive 7mg
Marjoram, dried 6mg
Red Lettuce 6mg
White Wine Vinegar 6mg
Chocolate Milk 6mg
Canola Oil 5mg
Pears 5mg
Bean Sprouts 4mg
Green Grapes 4mg
Carrots** 4mg
White Wine 2mg
*based on 1 oz.**cooked

Know Your Ingredients

Acai

Acai berries are native to the Amazon rainforest. You can purchase frozen acai pulp or acai powder as the berries spoil very fast. Acai berries are a rich source of antioxidants that help to neutralize free radicals, reduces LDL cholesterol and may prevent heart disease. Acai has vasodilator properties that relaxes your blood vessels. This helps to reduce blood pressure, prevents blood clots and improves blood circulation. The high fiber content in acai helps overall digestion, boost the immune system, slows down the aging process, expedites wound healing and improves metabolism.

Allspice

This spice can be used in a variety of desserts, chili, soups, curries, meat dishes and sauces. Allspice has anti-inflammatory, antibacterial and antifungal properties that may give relief to arthritis, gout, muscles aches and hemorrhoids. The compound eugenol inside allspices may eliminate diarrhea, vomiting, nausea, excessive gas and constipation.

Consuming allspice boosts the immune system, reduces free radicals and eliminates bad bacteria inside the mouth. The copper and iron content boosts healthy blood circulation. Potassium content relaxes blood vessels which may lower your chances of having a stroke or heart attack. People who suffer from gastric ulcers or ulcerative colitis should avoid allspice since it may worsen the conditions. Buying spices may seem expensive, but it is cheaper than dying. Eating a wide range of foods, herbs and spices is way better than dying early from a preventable disease.

Almonds

Regular consumption of almonds may prevent heart disease, breast cancer, colon cancer, cataracts, osteoporosis and diabetes due to the high amount of antioxidants. Almonds are a source of good fat, Vitamin E and fiber. Almonds are ideal for diabetics. Almonds boost the production of acetylcholine, a neurotransmitter, which helps to transmit memory and thoughts. Be aware that the manganese in almonds may interfere with laxatives, antibiotics and blood pressure medication.

Apples

Apples originally came from Kazakhstan. Apples are high in soluble fiber; effective for its anti-obesity effects. An apple definitely keeps the doctor away. Regular consumption of apples may lower your risk of high blood pressure, stroke, heart disease, breast cancer, lung cancer, Type 2 diabetes and gastroesophageal reflux disease (GERD). The polyphenol, quercetin, in apple protects the brain from free radical damage. This offers protection from Alzheimer’s disease. Pectin in apples acts as a prebiotic in the gut microbiome, which boost your immune system.

Avocado

Avocados are a great addition to any meal. Avocados have lutein and zeaxanthin, two key phytochemicals for maintaining proper eye health. Avocados have Vitamin K which helps with calcium absorption to build strong bones and reducing the urinary excretion of calcium. Folate inside avocados helps to reduce your risk of bladder, cervical, colon, lung, pancreatic and stomach cancers. It would behoove pregnant women to consume sufficient folate rich foods to maintain optimal health. Avocados are a rich source of dietary fiber. Fiber helps with satiety, evens out blood sugar spikes and reduces your risk of stroke, obesity, diabetes, hypertension and gastrointestinal diseases.

Banana

Bananas are a natural antacid, providing effective relief from acid reflux, heartburn and GERD. Bananas are the only raw fruit that can be consumed without discomfort to relieve stomach ulcers by coating the lining of the stomach against corrosive acids. Bananas may help to prevent macular degeneration and kidney cancer. Bananas are full of potassium. This mineral, potassium, speeds up cognitive function, great for kids taking exams.

Rub a bug bite or hives with the inside of a banana peel to relieve itching and irritation. Bananas are high in dietary fiber. Bananas fight off depression due to its tryptophan content. Tryptophan is converted into serotonin-the happy mood brain neurotransmitter.

Bananas prevent muscle cramps due to its potassium content. By eating bananas, you counteract calcium loss during urination which in turn keeps the calcium in your bones where they belong. Vitamin B6 in bananas aids in weight loss, may prevent type 2 diabetes, strengthen the nervous system and help to produce more white blood cells.

Bananas have iron which helps to relieve anemia and strengthen the blood. Potassium helps to lower blood pressure and protects against heart attack and stroke. Bananas have pectin, which aids digestion and eliminates toxins and heavy metals out of the body. Bananas act as a prebiotic, stimulating the growth of friendly bacteria in the bowel. This helps to produce digestive enzymes to absorb more nutrients.

Barley

Barley is a great source of fiber; this is crucial for flushing out toxins. The fiber acts as a fuel to feed the friendly bacteria in the large intestine. The bacteria helps to ferment the fiber, forming butyric acid, which is the primary fuel for intestinal cells. The insoluble fiber in barley helps to reduce bile acid secretion. This can help to prevent gallstones and lower triglyceride levels. Barley has phosphorus and copper inside. These key minerals build strong bones.

Regular consumption of barley will strengthen the immune system and may prevent colds and the flu. Iron helps to build blood volume which in turn helps to prevent anemia. This aids in healthy kidneys and more red blood cell production. Barley also has selenium. These minerals will preserve healthy skin and also improves heart and pancreas function.

Barley may help to manage type 2 diabetes. The fiber content significantly reduce glucose and insulin levels. Atherosclerosis is a condition where the artery walls thicken from coagulation of cholesterol. The niacin inside

barley reduces overall cholesterol and minimizes cardiovascular risk factors.

Basil

This herb contains strong antioxidants, orientin and viceniare, which protect our white blood cells. Thus, eating basil may help to slow down aging. The essential oils in basil, eugenol, citronellol and linalool helps to lower inflammation. You may already know that inflammation is a big driver in heart disease, IBS and rheumatoid arthritis.

Regular consumption of basil adds more powerful phytochemicals that may prevent liver, oral and lung cancers. I am not claiming that basil is a cure for cancer. However, it is a powerful cancer prevention tool. Basil is also great for increasing blood flow, libido and energy levels. Men take note.

Beans

Beans are a rich source of fiber, protein, folate, potassium, iron, magnesium, calcium and zinc. The fiber inside acts like a sponge to pull out excess cholesterol from the body. We do need cholesterol, but there can be too much.

Fiber also helps with regulating a healthy digestive system. The magnesium in beans helps to improve muscle mass, healthy blood pressure and may lower your risk of type 2 diabetes. Beans also contain folate, a key vitamin that helps with metabolism, DNA synthesis and rapid cell growth. Adequate folate intake is very important during pregnancy.

Beef

Always buy grass-fed, grass-finished beef to reap the benefits of Omega 3. However, eating salmon each week solves the Omega-3 issue for most people. Excessive grain consumption for cows equates to poor conditions. Omega-6 is too high and makes the beef too fatty.

Some fat is ok but the meat transforms from all grass to all grain in the last 3-4 months of their life. Commercially raised cows are “finished” on grain to help with marbling and to add more weight before slaughter. Taste is subjective although I prefer the rich, bolder flavor of grass-fed beef. Beef is high in zinc, B vitamins, protein and creatine.

Bee Pollen

According to the German Federal Board of Health, bee pollen is recognized as medicine. Bee pollen is made up of 250 substances; a mixture of amino acids, lipids, vitamins, micronutrients and flavonoids. It is nature’s multivitamin.

Bee pollen can act as an antioxidant for those who suffer from cancer, heart disease, diabetes and hypertension. Incorporating bee pollen in your diet can be an easy way to detoxify your liver. In lab mice, bee pollen has been shown to extend lifespan. Bee pollen is a great nutritional supplement for malnourished children, post-surgery, recovering alcoholics and stressed out individuals. Bee pollen improves blood flow, boosts brain health and helps to relieve stress.

Bee pollen speeds up wound healing because of the anti-inflammatory properties from the flavonoid content. Soak bee pollen in warm water for 2 hours to unlock the nutrients inside. Add raw honey and drink pre-workout. You can also add bee pollen in your smoothies. However, bee pollen and raw honey are not recommended for kids under 2 since their gut microbiome is not fully developed.

Beets

This vegetable is converted into cane sugar (along with sugar cane). Beets may lower blood pressure because of the nitrates inside. This gets converted into nitric oxide in the body while relaxing the blood vessels. Beet juice is a great pre workout to help increase overall oxygen uptake and its high levels of carbs help with energy metabolism. Beets are great for liver detoxification since the pectin inside flushes out toxins.

The beta carotene in beets will reduce your risk of macular degeneration. Vitamin C in beets helps to strengthen the capillaries (very small blood vessels) throughout the body. Beets build strong bones because of its boron, copper and magnesium content.

Bell Peppers

The iconic stop light bell peppers are one of my favorite vegetables. Bell peppers contain carotenoids, a family of antioxidants that help to reduce your risk of cancer and heart disease. Specifically, red bell peppers contain alpha-carotene, beta carotene, lutein and zeaxanthin.

Lutein also helps to prevent macular degeneration. Peppers contain Vitamin B6, a key vitamin for raising levels of serotonin and norepinephrine, the happy hormones. Vitamin C inside peppers promotes collagen production so the ladies can rejoice. Pregnant women can benefit from eating peppers due to its level of folate.

Bison

Bison is one of the leanest meats available. The key is to not overcook bison. Cook it low and slow. Bison live their entire lives on grass. This improves the omega-3 content in the meat. However, the easiest way to get more Omega-3 is to eat more salmon and chia seeds. Omega-3 promotes heart health, boosts cognitive function, improves bone density, optimizes skin health, enhances eyesight, may prevent cancer and may prevent ADHD in children.

Bison is a great source of Vitamin B12, iron, selenium and zinc. Bison is a complete protein source since it contains all 9 “essential amino acids.” The body can make the other 11 “non-essential amino acids.”

Black Pepper

Black pepper is one of the most commonly used spices worldwide. Excessive free radical damage has been linked to inflammation, premature aging, heart disease and cancer. Black pepper contains a plant compound, piperine, that has been found to have valuable antioxidant properties. Piperine is effective for improving brain function and may possibly prevent Alzheimer’s and Parkinson’s disease. Piperine increases the absorption of curcumin in turmeric. Piperine helps the rats in research studies. It would behoove the nerds to pursue more nutrition research studies in humans!

Blackberries

Blackberries are loaded with antioxidants to fight off harmful free radicals. Regular consumption of blackberries can enhance your memory, improve your mood and enhance digestion. Blackberries have calcium, phosphorus and magnesium, and key minerals to build strong bones. Blackberries contain vitamin c & vitamin e. These vitamins will strengthen the collagen in the skin. These berries enhance your vision since it contains lutein. Blackberries also have Vitamin K, which is helpful for promoting normal blood clotting.

Blueberries

Blueberries are one of the best superfoods on the planet. They are a great source of Vitamin B6, Vitamin B9, Vitamin C, calcium, copper, iron, manganese, phosphorus, potassium and zinc. The purple color is from anthocyanins, an important antioxidant.

Blueberries are great for building strong bones, skin and eyes. Daily consumption of blueberries may reduce blood pressure and arterial stiffness. Blueberries are a good source of Vitamin B6 & Vitamin B9. These vitamins help to mitigate blood vessel damage.

Diabetics can enjoy blueberries as the fiber helps to even out blood sugar levels. Blueberries have the potential to help heal damaged brain cells to keep our cognitive function razor sharp. This powerful fruit can be used as a natural antidepressant.

Blueberries can be used to help with digestion, treat UTI's and boost eye health. They can also be used to reduce muscle soreness, may alleviate IBS and may increase longevity. I prefer wild blueberries as they tend to have a higher level of antioxidant content inside. Some say that they have double the antioxidants compared to regular blueberries, although more research is needed.

Brazil Nuts

The Brazil nut is one of the largest trees in the Amazon rainforest, 200 feet on average! These trees can produce up to 250 lbs. of nuts annually and can live for 500-800 years. If you are looking for food rich in selenium, look no further. It would behoove all of us to not eat too many Brazil nuts. 2 Brazil nuts has the RDA equivalent of 3 days' worth of selenium.

Regular consumption of Brazil nuts may reduce mercury levels in the body. Brazil nuts may improve blood pressure, crucial for maintaining optimal heart health and may protect you from heart attacks. The selenium inside Brazil nuts improves proper thyroid function, an important gland that controls metabolism, heart rate and body temperature. Due to its high fat content, it is recommended to store Brazil nuts in the refrigerator. Keep your Brazil nuts cold.

Broccoli

This vegetable is high in fiber, Vitamin C & potassium. Broccoli is loaded with glucoraphanin, a compound that convert into sulforaphane that gets activated in the digestion process. Sulforaphane is a potent antioxidant that may help to reduce blood sugar, cholesterol levels, oxidative stress and chronic diseases.

This antioxidant may slow down mental decline and support a healthy brain. Vitamin K and calcium in broccoli helps to build strong bones. Regular consumption of broccoli may protect against various cancers: bladder, breast, colorectal, kidney and stomach.

Obviously, more research is needed.

Brown Rice

You cannot go wrong with brown rice. It is full of manganese, iron, zinc, phosphorus, calcium, selenium, magnesium, potassium, Vitamin B1, Vitamin

B2, Vitamin B3, Vitamin B6, Vitamin B9, Vitamin E & Vitamin K. Brown rice is a better carbohydrate source for diabetics since it takes longer to break down. Brown rice ranks low on the glycemic index. Add butter and it will take a little longer to digest.

Fat and fiber are great combinations for digestion and nutrient absorption benefits. Regular consumption of whole grains appears to have a level of protection against coronary heart diseases. Brown rice is a great source of melatonin, helping to ensure a good night of sleep.

Butter

This tasty fat has been demonized for many decades. In the previous century, heart disease was very rare. After 1960, heart disease became the #1 killer in America. Annual butter consumption dropped from 18 lbs. to 4 lbs. Coincidence?

The infamous Ancel Keys spread his theory that saturated fat and cholesterol was causing coronary heart disease. Many studies and many millions of wasted dollars have failed to show conclusively to back up this flawed theory. Excess sugar appears to be the real reason for the heart disease epidemic.

Butter is full of Vitamin A, Vitamin D, Vitamin E, iodine, selenium, lecithin and lauric acid. Butter is also full of activator x, aka Vitamin K2, helping the body absorb minerals. Regular consumption of butter may help with thyroid health, cholesterol metabolism, may prevent cancer, protects against tooth decay, prevents pineal gland and joint calcification, prevents arterial stiffness and may prevent gastrointestinal infections. Last but not least, cholesterol in butter is crucial for a kid’s brain and nervous system development.

Cabbage

This vegetable has the potential to prevent cancer, specifically in the gastrointestinal tract. Cabbage is high in Vitamin B9, Vitamin C, Vitamin K, fiber and antioxidants. Cabbage helps to detoxify the liver, aids in digestion, evens out blood sugar spikes and relieves stomach ulcers, ulcerative colitis and Crohn’s disease.

Vitamin C in cabbage may lower your risk of heart disease, hypertension and osteoarthritis. Regular consumption of cabbage may prevent arthritis, joint discomfort, faster wound healing and proper blood coagulation from Vitamin K. Cabbage can also lower blood pressure, lower cholesterol, reduce nerve damage in the brain and may prevent macular degeneration.

Cacao

The origin of cacao dates back to 5,300 years ago in modern day Ecuador. Cacao was the food of the gods in the Mayan and Aztec civilizations. The Olmecs in Southern Mexico are credited with preparing the first cacao drink in 1500 B.C.

It is loaded with magnesium, calcium, iron, phosphorus, potassium, zinc, sulfur, Vitamin C, thiamin, riboflavin, niacin, Vitamin B6, Vitamin A, Vitamin E, Vitamin K, tryptophan (amino acid), resveratrol (phytochemical), PEA (phenylethylamine) and oleic acid (essential fatty acid).

Cacao has quite a few benefits:

-maintains healthy blood pressure and cholesterol levels

-very high in antioxidants and polyphenols; key for fighting harmful free radicals that promote accelerated aging

-sharpens our memory by improving the blood flow to the brain

-faster wound healing

-prevents constipation

-treats copper and magnesium deficiencies

-prevents tooth decay

-improves the cell lining of blood vessels

-encourages healthy blood flow to the brain and heart

-fights free radical damage internally

-complements the digestion system

-supports strong bones and teeth

Cantaloupe

This aromatic fruit acts as a natural anxiety reliever. Due to its high potassium content, cantaloupe can help to normalize the heartbeat and stimulate the body to take in more oxygen to the brain. However, people with kidney disease may want to limit their consumption of cantaloupe. Cantaloupe is high in Vitamin A, Vitamin B9, Vitamin C and antioxidants. Cantaloupe protects the body from lung, colon, prostate and oral cancers. A well balanced diet of fruits, vegetables, meats and fish is linked to a lower risk of heart attacks, strokes, high cholesterol and high blood pressure. Cantaloupe consumption protects eye health, improves muscle recovery,

builds stronger skin and improves digestion. In the summer, I tend to eat too many cantaloupes and pay a heavy price in the morning!

Carrots

This popular orange vegetable is full of Vitamin A, potassium, minerals, fiber and antioxidants. Eating carrots helps to prevent macular degeneration, prevent cancer and improves digestion. Carrots also help to clean your teeth, lower cholesterol levels, speed up wound healing and boosts cognitive function. Cooking your carrots makes them easier to digest and makes Vitamin A even more bioavailable. Add butter to help Vitamin A absorption since it is a fat- soluble vitamin.

Cashews

This nut has a long list of benefits:

-aids in blood production

-improves bone density

-supports heart health

-preserves eye health

-may prevent cancer

-improves skin health

-improves blood pressure

-aids in liver detoxification

-may prevent gallstones

Cashews were discovered in the Portuguese colony of Brazil. These nuts are good source of copper, fiber, monounsaturated fat, protein, Vitamin B1, Vitamin B6, Vitamin K, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc.

The copper inside cashews helps to reduce cell mutation and may help to prevent colon cancer. Cashews may be nature's aspirin since magnesium provides relief from migraine headaches. I have personally experienced headache relief from cashews and cacao.

Cauliflower

This vegetable is a great source of calcium, choline, fiber, phosphorus, potassium, Vitamin C and Vitamin K. Cauliflower promotes healthy blood flow, may prevent stomach ulcers, improves bone health, promotes hair growth and reduces your risk of macular degeneration. The choline and phosphorus in cauliflower helps to repair brain cell membranes.

Celery

This vegetable is a core part of the French Mirepoix-a mixture of onions, celery and carrots. Celery has anti-inflammatory properties that may prevent gastrointestinal infections. Celery has polysaccharides that

promotes healthy digestion and may prevent stomach ulcers. Regular consumption of celery helps to flush out toxins from the gallbladder, kidneys and pancreas. For the ladies, celery has anti-carcinogenic compounds that may prevent breast cancer.

Cheese

There are 1,800 varieties of cheese in the world. Cheese is classified as: soft, semi-hard/semi-soft, hard and very hard. Cheese is concentrated source of protein, calcium, Vitamin B12, healthy fats and conjugated linoleic acid (CLA).

Cherries

This fruit is loaded with melatonin; a key compound that promotes a good night of REM sleep. The antioxidants in cherries may protect the body from heart disease. Let's not forget about polyphenols. The polyphenols in cherries minimize inflammation and oxidative stress, both of which are major risk factors for arthritis, diabetes and hypertension.

Gout is a specific type of arthritis. Regular consumption of cherries reduces uric acid levels and people will experience less pain in their joints. Cherries are great for decreasing cortisol levels and wiping out anxiety.

Anthocyanins in cherries improves cognitive function and may prevent Alzheimer's disease. Athletes can benefit from cherries, especially tart cherry juice since they speed up muscle recovery. Cherries may reduce your risk of breast, colon, liver, lung, pancreatic and skin cancer.

Chia Seeds

Chia seeds are packed with fiber, protein, calcium, iron, zinc, magnesium, manganese, Omega-3 and the essential amino acids.

Chia seeds have a vast array of benefits:

-fights free radical damage

-improves digestion since the chia seeds form a prebiotic gelatinous gel that supports the growth of powerful gut probiotics

-boosts our metabolism

-perfect for the gluten free population

-maintains strong teeth

-eases anxiety, irritability and fear because of its high magnesium content

-increases healthy blood cell count because of its high iron content

Eat chia seeds every day. They soak up liquids to form a gel. When you eat them, they will pull out excess waste from the body. As a result, they give you more endurance. You can add chia seeds in your salads, smoothies, oatmeal, etc.

During the Aztec and Mayan empires, they used chia seeds and cacao beans as money. The Spanish came to gather up gold with "the religious divine right to rule" and the rest is history. These little black seeds were more valuable than gold! The Spanish came to South America and burned the fields of chia seeds.

At the time of the Spanish conquest, Mesoamerica had at least 29 domesticated botanical species, each having a different use. Of these, four stood out from a nutritional point of view, and these were the basis of the daily diet.

The four crops were: maize (corn), beans, amaranth and chia seeds. The importance of these four crops in Aztec diets is supported by Codices written about the time the conquest of America took place. Among these is the Florentine Codex which was written between 1548 and 1585 by Fray Bernardino de Sahagun and is titled *The General History of the Things of New Spain.* The entire 12 volume work, written in Nahuatl (the native language) and Spanish, is in the Medicca Laurentziana Library in Florence, Italy. Various aspects of Aztec chia production and use are described in this monumental work.

There is evidence that chia seeds were first used as a food as early as 3500 B.C. and served as a cash crop in central Mexico between 1500 and 900 B.C. Chia seeds were eaten as a grain alone or mixed with other grains, drank as a beverage when mixed with water, ground into flour, included in medicines, and pressed for oil and used as a base for face and body paints. Aztec rulers received chia seeds as an annual tribute from conquered nations, and the seeds were offered to the gods during religious ceremonies.

The Aztecs made great advances in agriculture. As an example, consider their unique system of growing crops. Using what they learned from their predecessors, the Toltecs, they were able to turn the marshy grounds that they lived on into fertile soil. They wove bark from trees into large mats and anchored these to stakes in the lake.

They covered the mats with soil and grew amaranth, beans, chia and maize on these man-made islands which were called chinampas or hanging

gardens. In the Aztec empire, chia seeds and cacao beans were used as currency.

As was documented in the Codex Mendoza, written in 1541, the city of Tenochtitlan received as tributes from conquered nations a minimum of 6,360 tons of maize, 4,410 tons of beans, 4,410 tons of chia, and 3,780 tons of amaranth, annually. The city also harvested an average of 3,335 tons of maize, chia, beans, and amaranth from the 9,000 hectares of chinampas surrounding it.

Chia was one of the main dietary components of not only the Aztecs, but also of another great Pre-Columbian civilization that developed in Mesoamerica, the Mayans. The Mexican State of Chiapas, located within the limits of what was ancient Mayan territory, derives its name from the Nahuatl word Chiapan which means “river of chia.” This indicates that the existence of chia as a crop in this region also extends from very early times.

Pre-Columbian Codices reveal that 4,000 tons of chia were paid annually as tributes to the Aztec Empire. The conquest of America repressed the natives, suppressed their traditions, and destroyed much of the intensive agricultural production system that was in place. Many crops that had held a major role in Pre-Columbian American diets were banned by the Spanish because of their close association with religion, and were replaced by foreign species (wheat, barley, carrots, etc.) which were in demand in Europe.

In recent years, chia seeds were only consumed by small groups of people. Primarily they were mixed in water, along with lime juice and sugar (Chia Fresca) and consumed as a refreshing beverage in Mexico, Guatemala and Nicaragua. Five centuries later, modern science has concluded that Pre-Columbian diets were superior to present day diets. Formerly forced into obscurity, chia seeds have emerged as an affordable super food for the masses.

Although chia was an important crop during pre-Columbian times, its cultivation decreased following the discovery of America. Until recently this species was cultivated only on a few hectares in its native location. Additionally, there was little possibility of increasing the planted area in these regions due to social and political factors which subdivided the land into small farms, and which brought about the corn culture and the increased use of the popular Mexican “tortillas.”

The lack of a reliable source of chia led a group of growers and researchers to unite and work together under the auspices of the Northwestern Argentina Regional Project, to initiate a chia research and

development program. This effort included selection of new production areas and the development of practices aimed at bringing chia to the market as a new commercially available food.

Today chia is grown in different countries on a commercial basis. Recent research explains why ancient Mesoamerican civilizations considered chia a basic component of their diet. Chia's nutritional value gives it a very high potential for use in human food and animal feed.

Thus, new technological information has provided an excellent opportunity for creating an agricultural industry which can offer a "new, old crop" to the world. The Aztecs grew different types of chia; each selected for its specific properties. The Aztecs mixed chia seeds, cacao and almonds to make "ancient energy bars." Unfortunately, they didn't name their creation and it was lost in history.

Chia was virtually lost for five centuries after the Spanish conquest (due to both religious and agronomic reasons). This changed in the 1990's because of an effort lead by the University of Arizona to establish new crops in northwestern Argentina. This project led to successful commercialization of chia as a crop, making it more widely available today.

Based on the research Dr. Wayne Coates has done, it appears that since chia was used in the Aztec religious ceremonies as an offering to the gods, much like communion, the friars essentially outlawed chia. The Spanish were interested in producing crops they were familiar with and since chia couldn't grow in Europe, they considered it to be of no value.

The only reason it survived is because a few people took the seed into the mountains where they continued to grow it for their own use. Chia seed is very high in Omega-3. Essential fatty acids are literally essential because they cannot be synthesized in the body and therefore must be obtained from foods. Omega-3 and Omega-6 are the essential fatty acids for humans and other animals. They are precursors of powerful hormones that affect many biological processes; they help maintain healthy skin and are involved in cholesterol metabolism.

The ideal ratio is from 1:1 to 3:1 for the Omega-6/Omega-3 ratio. During our evolutionary period, humans ate an Omega-6/Omega-3 ratio of 1:1. Modern diets are very high in Omega-6 and very low in Omega-3. This imbalance increases the risk of coronary heart disease and also heightens the body's natural inflammatory processes.

In general, Omega-3 is present primarily in wild fatty sea fish. Most oil crops have very little of this fatty acid. Fish will only have the omega 3 if

they are wild caught. Chia seeds can be consumed directly and do not need to be ground. Most people mix them with foods such as yogurt, juices, broths, salads, omelets, cereals, etc. In addition, they can be mixed (ground or whole) with flour and used for making bread, pizza, etc. How much chia should I eat each day?

There is no definitive answer to this question. As chia is a food, there is really no limit to how much you can eat. One of the main reasons a person eats chia is to obtain Omega-3. The obvious question is, “how much is sufficient omega 3?” The 2010 Dietary Guidelines for Americans states that an adequate intake of ALA (the form of Omega-3 in chia) ranges between 1.1 and 1.6 grams/day for adults.

Since 12 to 18 grams (2 to 3 teaspoons) of chia contain between 2.5 and 3.6 grams of ALA, this is more than sufficient amount to meet this recommendation. A recent study showed that vegetarians, and vegans in particular, typically have low levels of Omega-3 fatty acids in their plasma. This can lead to serious coronary problems.

Hence, it is especially important for these two groups of individuals to increase their Omega-3 consumption. Although chia is known to contain about 20% protein, is it a high quality protein? Yes! Chia seeds contain all 9 essential amino acids; the basic building blocks to sustain life. There are 20 amino acids, the body can make 11 and you have to get the other 9 from food or supplements. Whole chia seed will stay in good condition at room temperature for 3-4 years. There is no need to keep the seed in the refrigerator, whether kept in sealed bags or not.

The seed’s natural antioxidants provide this stability. In the case of milled chia seed, you should keep it in the refrigerator to extend its shelf life. Commercial chia production needs to expand to new regions and farmers in order to make it more widely available and lower its cost. This requires very complex agronomic projects which are underway in several countries. Additionally, such a program will increase production costs, which must be passed on to the consumer. Chia seed is gluten free and can be eaten by people suffering from celiac disease.

In general, chia fiber protects the intestine walls and improves the process of digestion. People with specific digestive problems should consult with their doctors to see what is best for them. Although not extensively studied, limited trials have not found any allergic reactions, even in nut sensitive individuals. Chia is gluten free, so individuals suffering from celiac disease can safely consume chia. Additionally, individuals with diabetes should have no issues consuming chia, in fact the soluble fiber in chia appears to reduce glycemic spikes. Chia is primarily grown in Peru, Bolivia, Argentina, Guatemala, Paraguay, Mexico and Uganda.

Chicken

Consuming chicken can help heal dry, cracked skin as it is a Vitamin B2 deficiency. Fitness fanatics love chicken since it is a key source of leucine, an amino acid that helps accelerate muscle growth. Chicken is also a great source of phosphorus, an important mineral that helps to build strong teeth. Personally, I prefer chicken thighs since fat is flavor. Chicken breast must be well seasoned or marinated to maximize its flavor potential.

Chickpeas

This legume is a great source of fiber, protein, manganese, iron, copper, zinc, phosphorus, magnesium, selenium, potassium, calcium and choline. The choline in chickpeas helps to boost memory, metabolism, muscle recovery and mood regulation. Chickpeas may lower your risk of breast and lung cancer. Chickpeas help the body produce butyrate, a fatty acid that lowers inflammation in colon cells. This could reduce your risk of getting colon cancer.

Eat cooked chickpeas or go for hummus!

Chives

This herb prevents artery calcification due to the allicin inside. Eat chives and you will have a healthy heart. Chives help with detoxifying the liver, improving eye health and helps to generate stronger skin cells. The selenium and antioxidants in chives fights off free radicals. This leads to a lower risk of esophageal, stomach and prostate cancer. Vitamin K in chives reduces bone loss as you age and may prevent osteoporosis.

Cilantro & Coriander

Cilantro is a key ingredient for salsa, guacamole, curry, noodles and chimichurri sauce. Coriander is used in salads, soups, curries and marinades. Cilantro has may help to lower blood sugar levels, wipe out free radicals, eases anxiety, improves sleep, detox heavy metals from our body and settles digestive problems.

Coriander may help to prevent urinary tract infections, colon cancer and neurological inflammation. When cilantro bolts, or starts to produce seed, it is known as coriander. You can plant the coriander seeds to grow cilantro and more coriander!

Cinnamon

This spice is classified as either cassia cinnamon or ceylon cinnamon. Cassia cinnamon, along with korintje and saigon cinnamon has a sharper flavor than ceylon cinnamon. Cassia comes from China, korintje comes from

Indonesia and saigon comes from Vietnam. Ceylon cinnamon comes from Sri Lanka. If you eat too much cassia cinnamon, you have a risk of damaging your liver. Although, you would have to eat a bunch of cinnamon. Use ½ tsp. cinnamon or less per day to play it safe.

Cassia cinnamon contains around 1% coumarin. Ceylon cinnamon has a tiny amount of coumarin, only 0.004%. This equates to 250 times less. If you plan on eating cinnamon frequently, opt for Ceylon. Fun fact, before refrigeration, cooks in India would put a dash of cinnamon into each pot of curry to prevent foodborne illness and to preserve their food.

Cloves

The compound, eugenol, in cloves has anti-inflammatory and antioxidant properties that promote healthy digestion, reduces inflammation and protects the lining of the stomach and intestines. Eugenol can also stimulate insulin secretion, even out blood sugar levels and can enhance the glucose uptake in cells.

Cloves can fight off dental plaque and also destroy harmful bacteria, such as E. coli. This spice has anticoagulant properties that lowers blood pressure and improves blood lipid profiles. Eat cloves and potentially prevent heart disease. Cloves can be used as a remedy for nausea, motion sickness, vomiting, wound healing and may protect the brain from Alzheimer's disease.

Coconut Oil

Organic extra virgin cold pressed coconut oil can be a very beneficial ingredient to have in your pantry. All parts of the coconut are important, although I like to focus on coconut oil for its versatility in the kitchen. Always go for organic extra virgin coconut oil as it has anti-viral, anti-bacterial and anti-fungal properties.

It is extracted from fresh coconut milk or kernels without heat and without chemicals, a process known as "cold pressing." Cacao powder goes through a similar process. Conventional pea protein powder and conventional coconut oil is extracted using hexane, a known neurotoxin, that will harm the body.

Coconut oil has many benefits:

-kills harmful bacteria that causes ulcers, throat infections, urinary tract infections, gum disease, cavities, pneumonia and gonorrhea

-kills fungi and yeasts that cause candidiasis, ringworm and athlete's foot

-provides a nutritional source of quick energy

-boosts energy and endurance, enhancing physical and athletic performance

-improves digestion and the absorption of vitamins, minerals and amino acids

-improves insulin secretion and utilization of blood glucose

-relieves stress on the pancreas

-improves calcium and magnesium absorption for strong bones and teeth

-supports tissue healing and repair

-supports and aids immune system function

-functions as a protective antioxidant

-helps fight harmful free radicals that promote accelerated aging

-does not deplete the body’s antioxidant reserves like other oils do

-improves utilization of essential fatty acids and protects them from oxidation

-activates thermogenesis (the increase of metabolic rate)

-wards off skin infections, by supporting the natural chemical balance of the skin

-reduces symptoms associated with psoriasis, eczema and dermatitis

-provides protection from sunburn

-helps prevent dandruff

-does not form harmful by products when heated like other vegetable oils do

-is non-toxic with no side effects

-can help treat bruises, colds, constipation, earaches, fevers, nausea and toothaches

Corn

The modern corn evolved from maize, a grass that was cultivated by the Aztecs 10,000 years ago. Corn has carotenoids, lutein and zeaxanthin, which help with eye health. The body requires iron and folate to make new blood cells. Corn has a good amount of iron to prevent deficiency (anemia). Corn is high in dietary fiber, helping to prevent constipation and lower cholesterol levels. Corn is a source of thymine, an antioxidant that sharpens cognitive function. Thymine also helps to make acetylcholine, which promotes memory.

Acetylcholine is an amino acid that acts as a neurotransmitter to contract muscles, dilate blood vessels and plays a role in every movement in the body. Regular consumption of corn may also lower your risk of getting Alzheimer's disease. Eat corn and live better.

Crab

Crab is a great source of protein, great for muscle gains. Crab helps to build strong bones due to its phosphorus content. Phosphorus helps to improve kidney health, allowing for the accelerated excretion of toxins. The copper, Vitamin B2, Omega-3 and selenium in crab helps to strengthen the myelin layer in your brain and reduce plaque buildup in neural pathway. Omega-3 fatty acids also smooth out cholesterol levels, reduces blood pressure and may prevent heart attacks. I prefer King Crab.

Cranberries

This berry is often served as a side dish at Thanksgiving. Fresh cranberries are very tart. Dried cranberries are much more convenient. Cranberries have polyphenols that lower high blood pressure and may reduce your risk of heart disease. The proanthocyanins in cranberries help to prevent urinary tract infections. Regular consumption of cranberries improves oral health, hydrates the skin and may prevent kidney stones. Cranberries may reduce your risk of getting breast, ovarian and prostate cancer.

Cumin

Regular consumption of cumin may lead to more fat loss. The key to effective fat loss is to eat less and move more. We all know this. Even Sally knows. Eating cumin helps you lose weight because of the phytosterols that stops harmful LDL cholesterol from being absorbed in the digestive tract. You need some cholesterol as having low cholesterol is dangerous.

Cumin is full of antioxidants. This spice helps to reduce high blood sugar levels, improves digestion, prevents iron deficiency, protects against viruses, improves your memory, eases stress levels and protects the body from cancer.

Cucumber

If you are looking to add more variety in your salad, eat cucumbers. They are 95% water, very good for hydration and cooling down in the summer. Cucumbers have silica, which helps to detoxify aluminum from the body. They also have erepsin, an enzyme that helps with protein digestion. Regular consumption of cucumbers helps to flush out toxins from the liver and kidneys due to their diuretic properties.

The fiber, potassium and magnesium in cucumbers improves blood flow to the heart, lowers cholesterol and prevents plague buildup in the arteries. Vitamin K in cucumbers facilitates healthy blood clotting, bone formation and may prevent osteoporosis. Cucumbers contain cucurbitacins which have anti-cancer properties that may prevent breast, colon and prostate cancer. Cucumbers may dissolve kidney stones.

Dates

My favorite variety would be Medjool dates. Dates are high in iron, fiber, potassium, Vitamin A, magnesium, calcium and phosphorus. Dates aid in digestion, relieve constipation, lower cholesterol levels, may prevent plague buildup in the arteries and supports overall eye health. I like to use dates as natural aspirin thanks to the magnesium content.

Dill Weed

This infamous herb can be used as a natural diuretic to increase urine production, improve digestion and eliminate bad breath. Dill reduces excessive stomach acidity and prevents ulcers. The flavonoids and terpenes inside dill protect the gastric lining (mucosa) and may provide relief to those who suffer from IBS.

Dill prevents flatulence, cures diarrhea and improves metabolism. This herb has anti-microbial properties that can fight viral infections, bacterial infections, microbial infections and fungal infections. It is possible to lower high levels of serum triglycerides with dill. Dill may lower your blood sugar levels, enhance bone density and flush out toxins from the liver. The anti-cancer properties in dill may prevent breast, colon and lung cancer.

Eggs

Shoot for eggs with dark orange yolks as they have much higher carotenoid levels than conventional pale yellow eggs. Good eggs are generally found at smaller farms. Eggs are a great source of protein, Vitamin A, Vitamin B2, Vitamin B5, Vitamin B9, Vitamin B12, Vitamin D, Vitamin E, iron, iodine, selenium, phosphorus and Omega-3. Contrary to popular belief, eggs are a healthy food and they do not raise your cholesterol. If they did, I have been eating 4 eggs every day and have no health issues. Wouldn’t you agree that eating 4 eggs for breakfast daily is much better than the big bowl of sugar cereal that was advertised for the last century?

Elk

Elk may be one of the healthiest meats. This game meat is usually pasture raised and not confined to commercial feedlots. Elk should be cooked low and slow since it is leaner than beef. Elk is a good source of protein, zinc, B vitamins, iron and selenium.

Extra Virgin Olive Oil

Olive oil is rich in monounsaturated fat, Vitamin E and Vitamin K. Regular consumption of olive oil may reduce your risk of strokes, cancer, heart disease, Alzheimer's disease, arthritis and obesity.

Extra virgin olive oil is preferred since it is cold pressed with no heat or chemicals. The majority of olive oil on the market is diluted and not authentic olive oil. Consuming ½ tablespoon of extra virgin olive oil each day is enough to reap big health benefits.

Flax Seeds

This powerful seed is full Omega-3, Vitamin B1, Vitamin B6, Vitamin C, protein, manganese, magnesium, fiber, calcium, iron and potassium. Flax has polyphenolic compounds that lower your risk of cardiovascular disease, evens out blood sugar levels and reduces cholesterol. Flax can also improve digestion, may prevent rheumatoid arthritis and macular degeneration and may reduce "dry eyes."

Garlic

This herb comes in 2 major categories: hard neck and soft neck. So far, there are 600 varieties of garlic. To activate the allicin inside, finely chop and leave for 10 minutes. Cooking does destroy the allicin. My favorite way to eat raw garlic is to mix it with a warm bowl of pasta.

Regular consumption of garlic may fight off the common cold, lower high blood pressure, lower high cholesterol and triglyceride levels, flushes out toxins from the blood and may prevent heart disease. Garlic can also offer topical wound relief, aids in digestion, improves bone density, lowers blood sugar levels and may prevent fatty liver, kidney infections and urinary tract infections. Garlic, along with its cousin onions, can also fight harmful oral bacteria.

Ginger

This spice is very well known as a remedy for nausea, morning sickness, fungal infections, bacterial infections and stomach ulcers. Ginger improves

blood sugar levels, provides relief to painful muscles and joints and may prevent several cancers: ovarian, pancreatic and prostate. Ginger can also lower cholesterol, improve memory and speed up digestion. Outside of curry, I like to drink a mixture of carrot, orange, turmeric and ginger juice. You can also drink ginger water to burn off extra body fat. Fresh ginger water is very refreshing in the morning, especially in the summer!

Grapefruit

According to the American Institute for Cancer Research, the phytochemicals in grapefruit, naringenin and limonin, may prevent several forms of cancer: breast, colon, lung, mouth, skin and stomach. The flavonoids in grapefruit lowers high blood pressure, lowers cholesterol levels and may reduce your risk of getting coronary heart disease.

Regular consumption of grapefruit improves urinary flow and helps to prevent kidney stones. Grapefruit is a good source of Vitamin A, Vitamin C, fiber, calcium, potassium and folate. This citrus fruit comes in several colors: white, yellow, pink and red. I prefer red grapefruit.

Grapes

I like to eat red and black grapes since they taste better than green grapes. Regular consumption of grapes improves memory retention, mood and may prevent Alzheimer's disease. Grapes are a good source of Vitamin B1, Vitamin B2, Vitamin B6, Vitamin C, Vitamin K, copper, manganese and potassium.

Potassium helps to lower blood pressure. Grapes contain resveratrol and quercetin. These antioxidants lower cholesterol levels, lower blood sugar levels and may prevent breast cancer and colon cancer. Grapes also have lutein and zeaxanthin which may prevent eye diseases.

Green Beans

This legume is a great source of fiber, manganese, folate, riboflavin and thiamine, Vitamin C and Vitamin K. The antioxidant levels make green beans one of the best cancer-fighting foods available. Green beans may reduce your risk of breast, cervical, colon, lung, oral, prostate and stomach cancer. Green beans are low on the glycemic index, making them a viable food for diabetes. Regular consumption of green beans may prevent coronary heart disease due to the high levels of lutein and vitamin K.

Hemp Seeds

Don't worry, you won't get high eating hemp seeds. Hemp seeds are packed with protein, fiber, Omega-3, Vitamin E, magnesium, phosphorus,

potassium, niacin, riboflavin, thiamine and folate. Hemp seeds have arginine, an amino acid that converts into nitric oxide. Nitric oxide is important for artery and vein dilation. This helps to lower blood pressure and reduce your risk of heart disease.

Kalamata Olives

These olives are named after the city of Kalamata in Greece. This is the best olive to consume. Kalamata olives are a source of monounsaturated fat, Vitamin E, iron, fiber and polyphenols. Kalamata olives contain several key antioxidants. Oleic acid is an antioxidant that reduces inflammation, boosts heart health and aids in nutrient absorption. Squalene is an antioxidant that protects your skin from harmful free radicals.

Tyrosol is an antioxidant that fights off free radicals. Oleuropein is an antioxidant that improves brain health and enhances the immune system. Gallic acid is an antioxidant that fights off oxidative stress from free radicals. The iron, calcium and copper inside Kalamata olives maintains strong bones and improves blood circulation. Regular consumption of Kalamata olives improves digestion, lowers blood pressure, detoxifies the liver and may prevent macular degeneration.

Kimchi

This is a staple in Korean cuisine. It is a spicy mixture of cabbage, garlic, chiles, ginger and scallions. Kimchi is great for gut health due to its high level of probiotics. Eating probiotic rich foods may help to prevent various cancers, common colds, constipation and may improve heart and skin health. Kimchi can also decrease blood sugar levels and lower cholesterol levels.

Kiwi

Kiwis are high in potassium, fiber, copper, Vitamin C, Vitamin E and Vitamin K. Kiwis help to smooth out blood sugar levels, aids in digestion and promotes healthy kidney function. Eating kiwis at night is a good idea. They contain serotonin, which improves sleep quality. Regular consumption of kiwis may prevent stomach and colon cancer.

Lamb

Lamb is rich in iron, zinc, calcium, selenium, potassium, copper, magnesium and protein. Regular consumption of lamb may protect against anemia, build strong bones and boosts the immune system. Lamb is a key source of folate, a crucial vitamin to prevent neural tube defects in newborn babies.

Lemon

Lemon juice is high in Vitamin C, potassium, calcium and folate. Lemon juice boosts the immune system, improves skin and aids in digestion. Drink the juice of 2 lemons with water daily to prevent kidney stones and gallstones.

The presence of citrate, a salt in citric acid, binds with calcium and helps to detoxify the body naturally. Kidney stones and gallstones are no match for lemons. Lemon juice may also reduce cholesterol levels, triglyceride levels and high blood pressure.

Lentils

This legume is packed with carbohydrates, protein, fiber, folate, copper, phosphorus, manganese, iron, potassium and zinc. Lentils aid in digestion, regulating blood sugar levels and may lower your risk of getting heart disease. Lentils are full of antioxidants that inhibit plague buildup in the arteries. Eat lentils and save your heart.

Lettuce

Ancient Egyptians were the first to grow lettuce on a massive level. Lettuce was also prized by the Greeks and the Romans for its nutritional benefits. This vegetable is rich in Vitamin A, Vitamin C, Vitamin E, Vitamin K, potassium, magnesium, iron, calcium and zinc. Lactucarium, a plant chemical similar to opium, can be found inside lettuce.

Lactucarium relaxes the body and enhances sleep quality. Lettuce offers anti-inflammatory, anti-bacterial and anti-fungal properties. Regular consumption of lettuce improves memory retention, treats insomnia and may prevent Alzheimer’s disease. Vitamin K in lettuce also prevents neural defects during childbirth.

Lime

This is a key ingredient in Mexican cuisine. Limes are high in Vitamin C. Vitamin C increases white blood cell production, leading to a lower risk of infections and disease. Regular consumption of limes reduces wrinkles, prevents kidney stones and may reduce your risk of heart disease.

Eating limes increases iron absorption due to the high amount of Vitamin C. Limes may also prevent several types of cancer: breast, colon, pancreas,

throat. Mix lime juice with dark brown sugar if you run out of tamarind paste.

Lobster

This crustacean is full of protein, copper, selenium, Omega-3, zinc and Vitamin B12. Copper is an important mineral in DNA production while selenium wipes out cancer cells. High protein foods, such as lobster, helps with appetite control. The body burns more calories digesting protein compared to fats and carbs.

Regular consumption of lobster may reduce your risk of getting dementia, Alzheimer's disease, depression and strokes. The Omega-3 and selenium in lobster may fight off quite a few forms of cancer: breast, colon, liver, lung, ovarian, prostate, stomach.

Macadamia Nuts

Macadamia nuts are native to Australia. They are a great source of monounsaturated fat. Regular consumption of macadamia nuts lowers cholesterol, prevents blood clots, lowers blood pressure and may reduce your risk of getting heart disease, Alzheimer's and Parkinson's disease.

Macadamia nuts are a good source of magnesium, manganese, copper, thiamine, selenium, zinc, iron, fiber and Vitamin E. The soluble fiber in macadamia nuts acts as a prebiotic food for good gut bacteria. Fiber binds to cholesterol in the gut so that it does not enter the blood stream.

Mango

Mango is my favorite fruit by far. Regular consumption of mango may protect the body against breast, colon and stomach cancers. Mangoes are full of Vitamin A, Vitamin B6, Vitamin C, fiber, potassium, selenium, folate and magnesium. Vitamin A fights dry eye, improves night vision and maintains overall eye health. Vitamin B6 is linked to hormone regulation in the brain and improving memory retention.

Manuka Honey

This stuff is liquid gold. Raw honey is often found at your local farmer's market. Raw manuka honey can be found at your health food store or online as it comes from New Zealand. In 1839, European honeybees were introduced to New Zealand to pollinate the Manuka bush. Manuka honey is unique due to its high levels of a compound called Methylglyoxal (MGO).

Manuka honey has a Unique Manuka Factor (UMF) rating on each bottle. The UMF is a global standard used to measure the antibacterial strength of Manuka honey. Shoot for Manuka honey with a rating of UMF16 or higher

for the best antibacterial properties. Manuka honey is full of carbs, hydrogen peroxide, B vitamins, trace minerals, electrolytes, flavonoids, polyphenols, amino acids and enzymes. Manuka honey may offer relief for those with small intestine bacterial overgrowth (SIBO), faster would healing, reduces sore throats and may prevent tooth decay. Regular consumption of Manuka honey before bedtime helps the body to release melatonin in the brain. Poor sleep quality is associated with heart disease, type 2 diabetes, stroke and arthritis.

Nutmeg

You can buy this spice ground up; however, the flavor is exponentially better when it is freshly grated. Nutmeg originally comes from Indonesia. The outside red shell that covers nutmeg is known as mace. Nutmeg improves digestion, acts as a natural painkiller, may treat insomnia and has a diuretic effect on the kidneys.

Nutmeg detoxifies the liver and may help to dissolve kidney stones. Nutmeg, along with cloves, is a secret ingredient in toothpaste as it contains powerful anti-bacterial properties. Regular consumption of nutmeg maintains neurotransmitter health in the brain. This improves memory retention and may prevent dementia.

Oats

Oatmeal is a great source of fiber, carbohydrates, protein, manganese, selenium, copper, zinc, thiamine, magnesium, phosphorus, pantothenic acid and iron. Beta glucan, a specific fiber in oats, may lower cholesterol levels by flushing out bile from the body.

Eating oatmeal is an effective tool for weight loss, strengthening the immune system and provides food for good gut bacteria. Regular consumption of oatmeal may lower your risk of type 2 diabetes, cancer, heart disease and all-cause mortality.

Onions

The Allium family consists of chives, garlic, leeks, onions and shallots. Onions have a long list of benefits. Chewing raw onions for 2-3 minutes can kill off harmful bacteria in the mouth; a very potent way to improve your oral health by preventing tooth decay and oral infections. Onions help to prevent blood clots due to its anticoagulant properties. Blood clots are a big part of heart and cardiovascular disease. Eat onions to potentially live longer. Onion juice also helps to relieve pain from those terrible bee stings. For the men, drink 1 T. onion juice + 1 T. ginger juice, three times per day, to boost libido and performance.

This vegetable is a key part of mirepoix: a mixture of carrots, celery and onions. Onions are a rich source of quercetin, a flavonoid, which improves blood circulation. Quercetin decreases your risk of strokes and heart disease. The silicon in onions may slow down the aging process for your veins and arteries. Regular consumption of onions may reduce your risk of getting bronchitis, colds, gout, hypertension and kidney stones. Potassium in onions helps to flush out toxins from the kidneys and prostate.

Oranges

There are over 400 varieties of oranges around the world. The most popular varieties of oranges include navel, clementine, tangerine, cara cara, valencia, blood orange, mandarin and satsuma. Oranges are a hybrid of pomelo and mandarin. Oranges are a good source of Vitamin C, riboflavin, folate, thiamine, potassium and fiber. Getting adequate Vitamin C each day may provide relief to those who suffer from the common cold, respiratory tract infections, pneumonia, malaria and diarrhea.

The antioxidants in oranges make them one of the top cancer-fighting foods. The riboflavin inside oranges acts as an antioxidant. Riboflavin boost the immune system and may potentially lower your risk of various cancers: breast, colon, esophageal, pancreatic, prostate and stomach. Regular consumption of oranges may reduce your risk of heart disease and stroke. Two flavonoids in oranges, nobiletin and tangeretin, may preserve cognitive function and possibly reduce your risk of developing dementia.

Oregano

This is one of my favorite herbs. Oregano contains several antioxidants that have powerful antibacterial and antifungal properties: carvacrol, thymol, polyphenols, triterpenes, rosmarinic acid, ursolic acid and oleanolic acid. Regular consumption of oregano may fight off infections, prevent food poisoning, improve digestion and may decrease your risk of cancer and Alzheimer’s disease.

Papaya

This tropical fruit is great for promoting healthy digestion, boosting immunity and lowering your risk of atherosclerosis by lowering LDL cholesterol. Papaya is a great remedy for indigestion, IBS, constipation and ulcers. Papain, a key enzyme in papaya, is fantastic for relieving joint pain due to its anti-inflammatory properties.

Eating fruits rich in carotenoids aids in preventing macular degeneration. Papaya reduces plague and helps to prevent gingivitis. Papaya is not a

recommended food for pregnant women as it can cause uterine contractions which may lead to miscarriages.

Paprika

Vitamin A and carotenoids, lutein and zeaxanthin, in paprika protects the eyes from free radical and blue light damage. Paprika may lower your risk of macular degeneration. Paprika increases white blood cell production. When you have an abundant amount of white blood cells, your chances of infection are very low.

Paprika increases the secretion of stomach acid, crucial for nutrient absorption and proper digestion. The rich antioxidant content reduces intestine inflammation while boosting the gut microbiome. Regular consumption of paprika lowers cholesterol levels, decreases plague buildup in the arteries and may lower your risk of heart disease.

Parsley

Regular consumption of parsley flushes toxins out of the kidneys, may help to prevent breast cancer and speed up wound healing. Vitamin K in parsley strengthens our bones by stimulating osteoblasts-cells that synthesize bone.

People who suffer from anemia can benefit from eating parsley. The combination of iron and Vitamin C in parsley may ward off the constant fatigue from anemia. Parsley has powerful antibacterial and antifungal properties. I like to eat curly parsley after a meal to promote better digestion and to have fresher breath.

The flavonoids in parsley helps to boost blood flow to the heart. A key flavonoid, apigenin, in parsley may protect the brain from an infamous neurodegenerative disease, Alzheimer's. Spend $2 to keep your mind sharp, count me in.

Passion Fruit

This fruit is one of the best foods for eye and lung health due to its beta carotene content. Vitamin C inside this fruit helps to stimulate white blood cells to strengthen the immune system. Passion fruit is also high in potassium, helping to relax blood vessels and maintaining proper fluid balance. Passion fruit may lower blood pressure, lower cholesterol and improve blood sugar levels. Passion fruit is full of copper, iron, magnesium and phosphorus. These minerals improve bone density and may help to prevent osteoporosis.

The soluble fiber inside passion fruit, pectin, works as a laxative that cleans out the gut and scrubbing excess bad cholesterol out of the body. Vitamin C

and iron work synergistically to alleviate anemia (iron deficiency). Passion fruit is also helpful for maintaining strong hair, skin and relieving insomnia symptoms due to the high level of phytochemicals and antioxidants.

Drink passion fruit juice or ripen the fruits on the counter until they are wrinkly. Cut in half and use the pulp in yogurt, smoothies, cheesecake, sauces, sorbet, etc. Go crazy!

Peaches

There are 3 types of peaches: freestone, clingstone and flat aka “Saturn peach.” Peaches are a good source of polyphenols, fiber, Vitamin C and potassium. Polyphenols may prevent breast cancer and colon cancer. Regular consumption of peaches may lower your risk of heart disease, destroys candida fungus and may prevent macular degeneration.

Peanut Butter

Peanuts likely originated in South America. The Incans used peanuts as sacrificial offerings as early as 1,500 B.C. Spanish and Portuguese explorers spread peanuts to Asia and Africa. In the 1700’s, Africans introduced peanuts to North America. In the 1800’s, peanuts were grown as a commercial crop in Virginia. In the 1900’s, harvesting equipment was introduced to process peanuts more efficiently.

The Incans were likely the first to invent peanut butter. As of 2023, peanuts were the 12th most valuable crop in the U.S. with a market value of $1 billion. George Washington Carver is considered to be the father of the peanut industry. Carver developed over 300 uses for peanuts.

Peanuts are in the legume family, although they are associated with the tree nut family. Peanuts are a great source of calories, protein, monounsaturated fat, fiber, niacin, Vitamin E, folate, magnesium, phosphorus, potassium, calcium and iron. Monounsaturated fat reduces LDL levels and reduces plaque buildup in the arteries. Eating peanut butter may reduce your risk of heart attacks and strokes. Peanut butter consumption increases your fiber intake and may prevent polyp growth. Less polyps may be associated with a lower risk of colon cancer. The niacin in peanut butter boosts brain health and sharpens cognitive function.

Eating peanut butter may prevent gallstones, improves skin health, balances out blood sugar levels and may provide relief to those who suffer from migraine headaches thanks to the magnesium content. I like to eat organic unsalted peanut butter. Woodstock is my favorite brand.

Commercial peanut butter usually has too much added sugar. If you see hydrogenated fats added to the label of your favorite peanut butter brand,

bad news. This product contains harmful trans-fat. The label will say 0g but this is a lie. Food companies have a gray area where if their product contains less than 0.5g of trans fat per serving, they are “allowed” to post it as 0g trans-fat.

Pears

Pears are great for boosting the immune system, speeding up wound healing, improving digestion and improving nutrient absorption. Choose pears over Cheetos since cheese flavored corn puffs are for weak people. Regular consumption of pears may lower your risk of heart disease, builds strong bones and may provide pain relief to those who suffer from arthritis.

Pecans

Pecans contain monounsaturated fat, fiber, protein, magnesium, potassium and zinc. Regular consumption of pecans may even out cholesterol levels, maintain healthy blood sugar levels and regular blood pressure. Pecans may also prevent gallstones and heart disease. This nut is great for bone, skin, eye and hair health due to its blend of Vitamin E, phosphorus, calcium and iron.

Pineapple

This tropical fruit is native to Paraguay. Thailand is the biggest grower worldwide. Pineapple is loaded with the enzyme, bromelain, known to aid in digestion. Bromelain is concentrated in the stem, so bromelain supplements may be needed to reap even bigger benefits. The enzymes bromelain and papain, from pineapple and papaya, are both used in commercial meat tenderizer.

Pineapple has anti-inflammatory and anti-swelling properties that speed up healing from surgery, being wounded and may provide pain relief to those who have arthritis. Vitamin C is abundant in pineapple. Eating pineapple may prevent colorectal cancer, infections, colds, flus and viruses. The high levels of potassium in pineapple lower the risk of high blood pressure, heart disease and kidney stones.

Pomegranate Juice

This juice is loaded with antioxidants and ellagic acid. This acid has potent anti-cancer properties. Punicalagin is a compound in pomegranate that is being used in drugs to reduce brain inflammation. Punicalagin may have the potential to prevent Alzheimer’s disease.

Further research is needed. Regular consumption of pomegranate juice improves digestion, may prevent osteoarthritis, reduces your risk of heart

disease, strokes and kidney stones. Pomegranate juice boosts nitric oxide levels, improves memory and speeds up muscle recovery.

Potato

As an Irish man, I could live on potatoes. Potatoes were first cultivated by the Incans in Peru between 8,000 BC to 5,000 BC. The Spanish took potatoes back to Spain in 1536. Sir Walter Raleigh introduced potatoes to Ireland in 1589. Irish farmers were known to eat 40-60 potatoes each day. Potatoes are the quintessential food of the Irish people.

The infamous Irish Potato Famine broke out in 1845. Potato blight wiped out entire potato fields in many countries. The real reason was the lack of potato variety and the HERB-1 blight strain. Europeans cultivated a small variety of potatoes while the Incans grew many varieties. In the plant kingdom, variety is important.

Today there are over 600 varieties of potatoes sold in the U.S. Each variety fits into 1 of 7 categories: blue/purple, fingerling, petite, russet, white, red and yellow. Yukon Gold is my favorite potato variety. Yellow potatoes make the best mashed potatoes; red potatoes are best for potato salad and the remaining varieties are great for roasting. The crazy religious folks in Europe disliked potatoes for many years as they believed it was the cause of leprosy.

Potatoes are a great source of copper, fiber, folate, iron, manganese, niacin, potassium, thiamine, Vitamin B5, Vitamin B6,Vitamin C and zinc. Potatoes help the body secrete gastric juices, boosts digestion, promotes healthy bowel movements and may prevent colon cancer. Potatoes contain choline, an important nutrient for sleep, memory retention and muscle movement. Potatoes may lower cholesterol and improve insulin function. Vitamin B6 helps to create helpful brain chemicals (dopamine, norepinephrine and serotonin).

Pumpkin

This is one of the best sources of Vitamin A in the plant kingdom. Beta carotene, a derivative of Vitamin A, gives pumpkin its distinct orange color. Regular consumption of Vitamin A rich foods may reduce your risk of colon and prostate cancer, may prevent macular degeneration, fights free radicals, may prevent stroke, lower high blood pressure and may prevent heart disease. Pumpkin is a good source of potassium and fiber. The infamous canned pumpkin brand, Libby, uses a proprietary strain of

Dickinson pumpkin. Smaller brands use a blend of pumpkins, butternut squash and Hubbard winter squash varieties.

Pumpkin Seeds

Better blood circulation is right around the corner when you eat pumpkin seeds. The antioxidants in pumpkin seeds increase nitric oxide levels which keep blood vessels smooth and flexible. Better blood circulation reduces plaque buildup in the arteries. Pumpkin seeds contain tryptophan, a key amino acid that helps to produce serotonin and melatonin. These hormones regulate your sleep cycle. The magnesium in pumpkin seeds calms down the nervous system and relax the muscles.

Pumpkin seeds are a good source of magnesium, fiber, zinc, Vitamin E and phosphorus. Regular consumption of pumpkin seeds improves urinary function, enhances bone health, improves insulin regulation, improves digestion, boosts skin elasticity and enhances hair growth.

Quinoa

This seed is pronounced KEEN-Wah. However, in nutritional circles, it is considered to be a whole grain. The Ancient Incans classified it as the mother grain due to its nutrient density.

Quinoa is full of complete protein, fiber, B vitamins, zinc, copper, manganese, iron and magnesium. Be sure to rinse it very well or else your quinoa dish will turn out bitter due to the saponin content. You can buy red quinoa, black quinoa, yellow quinoa, etc. I prefer yellow quinoa since the other varieties taste like dirt.

To cook quinoa, bring 1 c. quinoa, rinsed and 2 c. water to a boil. Once it boils, cover and drop heat to a simmer. Cook for around 15 minutes and fluff with a fork. You can also use chicken stock or vegetable stock. For Indian quinoa, add ginger, turmeric, cardamom and ghee.

Raspberries

These red berries pack a big punch in terms of nutrition, only 5g of sugar per cup. They have one of the lowest levels of sugar of all fruits. With 8g of fiber, raspberries provide satiety throughout the day which may lead to weight loss. The potassium inside aids the heart and lowers blood pressure. Regular consumption of raspberries may prevent stroke and heart disease. In addition, raspberries contain manganese; a key mineral for healthy skin, strong bones and regulating blood sugar levels. Raspberries are loaded with Vitamin C so grab your basket and start eating!

Raw Milk

After eliminating commercial milk from my diet, I took the raw milk reset in June 2020. To this day, I have never had gastrointestinal discomfort or bloating after drinking raw milk. I didn't get E. coli or salmonella. A few people didn't clean their collection containers, got sick and scared the world into pasteurization. If raw milk was so bad, ask yourself: Why are more and more states moving to legalize raw milk? Raw milk is full of healthy fat, protein, vitamins and minerals. Purchase a herd share and drink raw milk! I personally drink 2 gallons of organic, grass-fed, grass-finished, raw milk every week. In 2020, I started drinking raw milk and lifting weights. By 2024, I put on 40 lbs. most of which was lean muscle.

Rosemary

This herb is an excellent addition to your food. Rosemary enhances cognitive function, great for focus and memory retention. Rosemary helps to boost blood circulation, neutralizes free radicals and detoxifies the liver. Regular consumption of rosemary may reduce pain for those who suffer from headaches, arthritis, back pain and gout.

Sage

This herb is famous for scaring off bad spirits and improving memory retention. Sage has anti-inflammatory properties that offers relief to those with arthritis, hypertension and swollen limbs. Sage is an anti-bacterial herb that can heal sore throats, the common cold, the flu and viruses. Eat sage to boost blood circulation and red blood cell production. The Vitamin C in sage rejuvenates skin cells, fights off free radicals and supports eye health.

Salmon

Always shoot for wild salmon whenever possible. You don't want to buy farm-raised salmon as it is usually white and they use red dye to turn it red. Salmon comes in many forms: coho, king, keta, sockeye. Sockeye is my favorite. Eat salmon to get Omega-3, protein and Vitamin D.

Sorghum

Sorghum is a great source of fiber, protein, B vitamins, magnesium, iron, copper, calcium, phosphorus and potassium. Eating foods high in fiber may eliminate excess LDL cholesterol. This may lower your risk of heart disease. Sorghum contains complex carbohydrates that are helpful for smoothing out blood sugar levels. People who suffer with Celiac can eat sorghum since it is a gluten-free grain. The calcium in sorghum helps to build strong bones. Sorghum may prevent anemia due to its iron content.

Strawberries

There are two major strawberries: June bearing and everbearing. June bearing strawberries are the iconic big strawberries at the store around June. They produce one big crop each year and that's it. Everbearing strawberries tend to be smaller but you get two crops each year. I prefer the taste of everbearing strawberries. Nothing beats the taste of fresh strawberries.

Sunflower Lecithin

Maurice Gobley discovered lecithin in 1850. Lecithin is an important substance that is found in every cell in the body. Lecithin and other phospholipids are produced naturally in the heart, liver and kidneys. Lecithin makes up 30% of the brain's dry weight and 60% of the liver's fat. Sunflower lecithin is the only lecithin that is chemical-free as soy lecithin is extracted with dangerous chemicals like hexane. Stop being a boy and leave the soy.

Sunflower lecithin may improve cognitive functions and may help to prevent dementia, Alzheimer's and Parkinson's disease. It can also provide relief to those who suffer from arthritis. In addition, sunflower lecithin protects the lining of the digestive tract thus improving digestion. People with IBS and ulcerative colitis may benefit from using sunflower lecithin.

The phospholipids in sunflower lecithin can prevent excessive build-up of fats in the liver. The linoleic acid in sunflower lecithin breaks down excess fats including cholesterol and triglycerides to improve blood pressure. When there is too much cholesterol and triglycerides built up, they accumulate in the arterial walls causing atherosclerosis.

This hits home for me since this disease took my Grandpa away. Atherosclerosis can lead to high blood pressure, heart attack, stroke and DEATH. Keep your arteries healthy by supplementing your diet with sunflower lecithin so that maybe you will have more time with your Grandpa.

Sweet Potato

This tuber is part of the morning glory family. Sweet Potatoes have a long 4-5 month growing season followed by a 7-10 day curing process. I could live off sweet potatoes and bacon. Sweet potatoes are a great source of Vitamin A. Sweet potatoes contain fiber, protein, potassium, Vitamin B1, Vitamin B2,

Vitamin B3, Vitamin B5, Vitamin B6, Vitamin C, copper, magnesium and manganese.

Thyme

This may be one of my favorite herbs. Thyme offers antimicrobial and antibacterial benefits to people who have a sore throat and respiratory tract infections. Regular consumption of thyme may reduce excess cholesterol, triglyceride and LDL levels. Carvacrol, a compound inside thyme, may have therapeutic potential for preventing and treating colon cancer along with treating auto immune conditions.

However, more research is needed. Eating thyme helps to decrease plague build up on your teeth. Thyme is a very effective herb to take if you suffer from bronchitis, arthritis, upset stomach, flatulence and skin disorders.

Tomato

Regular consumption of tomatoes may improve digestion, stimulate blood circulation, reduce cholesterol levels, detoxify the body and may prevent premature aging. Vitamin C in tomato helps to neutralize free radicals. Lycopene in tomato provides cardiovascular benefits which protects the heart. Consume lycopene-rich foods, such as tomatoes, with extra virgin olive oil to maximize its absorption. Vitamin A in tomatoes can protect our eyes from eye diseases.

Turmeric

Any good curry contains turmeric. It’s not a surprise that Indians have some of the lowest cancer rates in the world. When you consume turmeric, cancer cannot survive. Obviously, I am not a doctor so eat at your own risk. I will say that Indians are some of the brightest minds in the world so I would take their advice and eat curry. Just don’t wear a white shirt. You can increase the absorption rate of curcumin by pairing turmeric with black pepper or with ginger.

Trout

Trout is a great source of Omega-3, protein, Vitamin B12, Vitamin D, choline, potassium and selenium. Eating trout often can improve cognitive function, improve heart health and reduce blood pressure. Trout is usually cheaper than salmon.

Remember, always source wild caught fish since it is a natural protein source. Farm raised fish is similar to factory farmed cattle lots with stressed out cows. Farm raised fish usually contains dyes to darken the fish color so please avoid it like the plague!

Vanilla

Regular consumption of vanilla strengthens your heart by reducing inflammation and eliminating free radicals thus preventing atherosclerosis and cancer. Vanilla is also helpful for people suffering from acne, liver inflammation, gout, arthritis, diarrhea, cramping, gut inflammation, sore throat and chest infections.

Usually, I buy vanilla beans in bulk for the best price. Grade A is worth it as Grade B vanilla beans are generally lower in quality. Vanilla Beans grow very well in Tahiti, Madagascar, Uganda, Mexico and Indonesia. Strip the vanilla bean paste inside and air dry in a shallow dish. It doesn't expire and it is a very meditative process. Stripping vanilla beans helps me relax. I usually add vanilla bean paste in my chocolate raw milk and in my oatmeal.

Venison

Venison is lower in fat compared to beef, lamb and pork. Venison is a great source of protein, choline, B vitamins, zinc, iron, selenium and potassium. Grass-fed venison is high in conjugated linoleic acid (CLA). Conjugated linoleic acid may inhibit the spread of cancer cells and lower your risk for heart disease.

Walnuts

Walnuts are one of the healthiest tree nuts. Walnuts are a good source of Omega-3, copper, magnesium, manganese, protein and fiber. Regular consumption of walnuts may offer protection from cancer, type 2 diabetes and heart disease. Walnuts help to pull excess cholesterol from arterial walls. One of my favorite memories as a teenager was collecting mountains of black walnuts in West Virginia. I was not very proficient at collecting ginseng but I gathered up mountains of wild black walnuts and wild black raspberries.

Watercress

This may be one of the most nutrient dense vegetables. Watercress is a rich source of Vitamin A, Vitamin C, Vitamin K, calcium, folate and potassium. Watercress may protect the body from breast, lung and stomach cancer.

Watermelon

Watermelon helps with weight loss, reduces your risk of periodontal disease, supports digestion, supports kidney health and boosts the immune

system. Watermelon is a very good source of Vitamin A, Vitamin C and potassium. Citrulline in watermelon helps to expel lactic acid from the muscles, resulting in faster recovery time between workouts. Citrulline improves blood flow to the entire body. Forget Viagra, eat your watermelon! Watermelon is the king of fruits.

Whole Wheat

The vitamin E, niacin and zinc in whole wheat may lower your risk of macular and cataract degeneration. Whole wheat is loaded with B vitamins that increase energy and boost metabolism. The complex carbohydrates are slower to digest, which also contributes to even waves of energy throughout the day.

Regular consumption of whole wheat, at least 3 servings per day, may prevent metabolic disorders such as high triglycerides, low HDL cholesterol and high blood pressure. Wheat is a great source of magnesium. This mineral is a co-factor for 300 enzymes in the body. Enzymes are crucial for the body's use of insulin and glucose. Whole wheat consumption may reduce your risk for developing type 2 diabetes.

Whole wheat may prevent gallstones since it contains insoluble fiber. The insoluble fiber insures proper digestion and lowers the production of bile acids that form gallstones. Sprouted wheat is a great source of antioxidants. This aids in flushing out toxins in the liver, one of the most important organs. Wheat bran acts as prebiotic food for our gut microbiome and increases nutrient absorption throughout the body.

Yogurt

Who doesn't love yogurt? This superfood is loaded with calcium, protein and probiotics. Yogurt is made from fermented milk with 5-6 strains of helpful bacteria.

Many different bacteria can be found in yogurt, but all yogurts have to contain the bacteria lactobacillus bulgaricus and streptococcus thermophilus. These strains of lactobacillus and streptococcus are examples of good bacteria. Other bacteria that you may find in yogurt that are also examples of good bacteria include:

-bifidobacterium animalis (aka bifidus regularis)

-bifidobacterium bifidum

-bifidobacterium lactis

-bifidobacterium longum

-enterococcus faecium

-lactobacillus acidophilus

-lactobacillus casei

-lactobacillus delbrueckii

-lactobacillus johnsonii

-lactobacillus gasseri

-lactobacillus plantarum

-lactobacillus rhamnosus

-saccharomyces boulardii

There are several types of yogurt. Kefir is a sour ferment yogurt drink. Plain yogurt is also known as natural yogurt. Greek yogurt is strained until all of the whey is removed and you are left with a thick consistency. Strain again overnight and you have yogurt cheese. Skyr is the official yogurt of Iceland. Yogurt is full of helpful probiotics. This will aid in relief from constipation, diarrhea, IBS and stomach infections.

Yogurt is good for building strong bones and teeth because of its dose of calcium and phosphorus. Potassium helps to maintain the right fluid balance in the body. Potassium enhances cognitive function and nerve health. The probiotics in yogurt boost your immune system by activating T cells. Higher T cell levels reduce infections, allergies and inflammatory diseases. Regular consumption of yogurt may also lower “bad” cholesterol.

You can get virtually all of your vitamins, minerals and key nutrients from food. Do you need to supplement? Maybe! It really depends on the person. Your best bet is to buy your food from a local farmer’s market or grow your own food (be sure to add leftover wood ashes into your compost pile). Get the majority of your vitamins and minerals from high-quality foods and fill in any nutrient gaps with the appropriate supplements. However, you cannot just take supplements to put a band-aid over a poor diet. You need the enzymes in food to digest vitamins and minerals.

Supplements have their place but do your research. Food first and then supplements. Use common sense and take supplements with fat to properly absorb. Question everything and don’t believe everything you read, hear and see. Eat a wide range of foods so that you get the most out of this epigenetic game of life. Remember, every 7 years every cell in our body will regenerate. You then have a whole new body. What you put in your body makes all of the difference in the world. We all have divine power within us. We have the power to create our own reality. Make every single day count, Why Not!

Part II: Recipes

Busy Breakfast

Acai Smoothie

Makes 1 serving

1 c. frozen wild blueberries
1 (3.5 oz.) pkg. Sambazon Acai pack
1 c. coconut water*
1 banana, sliced, frozen
2 scoops Coconut Acai Ka'Chava powder

Blend everything on high speed. This makes a great breakfast during the hot summers.
*Stick to unsweetened coconut water.

Per Serving

Calories 613
Total Fat 19g
Saturated Fat 7.2g
Total Carbohydrate 86g
Fiber 19g
Sugar 27g
Protein 26.4g

Vitamins

Vitamin A 757.98mcg
Vitamin B1 0.75mg
Vitamin B2 0.9mg
Vitamin B3 11.6mg
Vitamin B5 5mg
Vitamin B7 75mcg
Vitamin B9 358.2mcg
Vitamin B12 3mcg
Vitamin C 43.4mg
Vitamin D 5 mcg
Vitamin E 10.4mg
Vitamin K 0.6mcg
Choline 12.3mg

Minerals

Calcium 713.9mg
Copper 0.9mg
Iron 6.6mg
Iodine 78mcg
Magnesium 258.2mg
Manganese 4.9mg
Phosphorus 455.5mg
Potassium 1,315mg
Selenium 36.2mg
Sodium 505.8mg
Zinc 8.6mg

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16,656

Acai & Pomegranate Smoothie

Makes 4 servings

¾ c. bottled pomegranate juice
1 (3.5 oz.) pkg. Sambazon Acai pack
½ c. Greek yogurt
1 ½ c. frozen wild blueberries
½ c. frozen strawberries
2 T. raw honey
¼ c. ice cubes

¼ c. chia seeds

Blend all 8 ingredients in a blender. For a vegan version, omit the yogurt. For more variety you can add Maqui Berry Powder, Dragon Fruit Powder, Raspberry Powder, etc.

Per Serving

Calories 211
Total Fat 7.4g
Saturated Fat 1.6g
Monounsaturated Fat 1g
Omega 3 2.53g
Omega 6 0.83g
Cholesterol 4mg
Total Carbohydrate 33g
Fiber 8.6g
Sugar 17g
Protein 5.5g

Essential Amino Acids

Histidine 0.07g
Isoleucine 0.11g
Leucine 0.20g
Lysine 0.14g
Methionine 0.08g
Phenylalanine 0.14g
Threonine 0.10g
Tryptophan 0.06g
Valine 0.13g

Vitamins

Vitamin A 2.73mcg
Vitamin B1 0.12mg
Vitamin B2 0.13mg
Vitamin B3 1.87mg
Vitamin B5 0.16mg
Vitamin B6 0.05mg
Vitamin B7 0.68mcg
Vitamin B9 17.44mcg
Vitamin B12 0.23mcg
Vitamin C 12.5mg
Vitamin E 0.47mg
Vitamin K 5.5mcg
Choline 8.4mg

Minerals

Calcium 148.55mg
Copper 0.16mg
Iodine 10.8mcg
Iron 1.74mg
Magnesium 60.84mg
Manganese 2mg
Phosphorus 178.8mg
Potassium 292.36mg
Selenium 11.12mcg
Sodium 25.56mg
Zinc 1.24mg

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Apple Chia Granola

Makes 12 servings

3 c. old-fashioned rolled oats
1 c. blanched slivered almonds
1 T. ground cinnamon
¼ tsp. Real Salt
1 big apple, peeled and diced, any variety
1/3 c. melted coconut oil
1 tsp. vanilla extract
½ c. unsweetened applesauce
1/3 c. maple syrup
½ c. chia seeds
1 c. puffed quinoa

Preheat oven to 325°F. Line two large baking sheets with parchment paper. Set aside. In a large bowl, toss the oats, almonds, cinnamon and salt together until they are combined. Fold in the diced apple. Set aside.

In a medium bowl, whisk together the oil, vanilla, applesauce and maple syrup. Pour over dry ingredients and mix until everything is moistened. Spread onto two baking sheets. Bake for 45 minutes, making sure to stir the granola every 10-15 minutes to prevent burning.

Allow granola to cool for 20 minutes on the baking sheets. This will help it get crunchier. Pour into a large bowl; mix in the chia seeds and quinoa. Store at room temperature for up to 1 week.

Per Serving

Calories 317
Total Fat 18g
Saturated Fat 6g
Monounsaturated Fat 4.9g
Omega 3 2.39g
Omega 6 2.35g
Total Carbohydrate 34g
Fiber 9.4g
Sugar 8.2g
Protein 8.2g

Essential Amino Acids

Histidine 0.15g
Isoleucine 0.22g
Leucine 0.40g
Lysine 0.23g
Methionine 0.11g
Phenylalanine 0.30g
Threonine 0.18g
Tryptophan 0.09g
Valine 0.25g

Vitamins

Vitamin A 0.7mcg
Vitamin B1 0.22mg
Vitamin B2 0.32mg
Vitamin B3 1.94mg
Vitamin B7 8.25mcg
Vitamin B9 18.83mcg
Vitamin E 3.38mg
Vitamin K 1mcg
Choline 18.8mg

Minerals

Calcium 146.5mg
Copper 0.36mg
Iodine 6.5mcg
Iron 2.65mg
Magnesium 118.16mg
Phosphorus 282mg
Potassium 284.5mg
Selenium 14.25mcg
Sodium 45.88g
Zinc 2mg

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Apple Cinnamon Muffins

Makes 12 servings

1 ½ c. all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
¼ tsp. Real Salt
1 tsp. ground cinnamon
½ tsp. ground nutmeg
2 large eggs
½ c. buttermilk

¼ c. melted butter, unsalted
1 c. granulated sugar

1 c. Golden Delicious apples, chopped
1 c. walnuts, chopped

Heat oven to 375°F. Line a muffin pan with paper muffin cups. In a large bowl, mix the flour, baking powder, baking soda, salt, cinnamon and nutmeg. In a medium bowl, mix the eggs, buttermilk and sugar. Make a well in the dry ingredients. Whisk the wet ingredients into the dry ingredients. Fold in the apples. Fill each cup 2/3 full. Sprinkle the walnuts on top. Bake for 23-25 minutes.

Per Serving

Calories 240
Total Fat 12g
Saturated Fat 3.5g
Monounsaturated Fat 2.3g
Omega 3 0.02g
Omega 6 0.23g
Cholesterol 42mg
Total Carbohydrate 31g
Fiber 1g
Sugar 2g
Protein 4.7g

Essential Amino Acids

Histidine 0.07g
Isoleucine 0.13g
Leucine 0.24g
Lysine 0.14g
Methionine 0.06g
Phenylalanine 0.14g
Threonine 0.12g
Tryptophan 0.03g
Valine 0.17g

Vitamins

Vitamin A 50mcg
Vitamin B1 0.18mg
Vitamin B2 0.14mg
Vitamin B3 1.19mg
Vitamin B5 0.23mg
Vitamin B6 0.08mg
Vitamin B7 3.56mcg
Vitamin B9 14.5mcg
Vitamin B12 0.13mcg
Vitamin D 0.30mcg
Vitamin E 0.31mg
Vitamin K 1mcg
Choline 31.1mg

Minerals

Calcium 51.23mg
Copper 0.18mg
Iodine 1.25mcg
Iron 1.38mg
Magnesium 22.66mg
Manganese 0.50mg
Phosphorus 107mg
Potassium 145mg
Selenium 5.93mcg
Sodium 120mg
Zinc 0.56mg

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Apple Scones

Makes 12 servings

1 c. all-purpose flour
1 c. stone ground whole wheat flour
¼ c. coconut palm sugar
2 tsp. baking powder
1 tsp. ground cinnamon
½ tsp. grated nutmeg
1 c. salted butter, frozen, grated

1 large Honeycrisp or Fuji apple, grated
½ c. English walnuts, chopped
¼ c. chia seeds
1 c. whole milk
1 large egg, separated

Heat oven to 375°F. Grease a cookie sheet with coconut oil.

Mix the flour, sugar, baking powder, cinnamon and nutmeg in a large bowl. With a fork or a pastry blender, cut in the butter until mixture looks like small pea-sized crumbs. Mix in the apples, walnuts and chia seeds. In a small bowl, whisk the milk and egg yolk together.
Stir into the flour mixture just until the ingredients are moistened.

On a lightly floured surface, knead the dough several times. Roll the dough out to ½" thick
with a floured rolling pin. Cut the scones with a chef's knife or a 3" round cookie cutter.
Lay the dough 2" apart on the prepared cookie sheet. Beat the reserved egg white until it's foamy. Brush the egg white over the scones.

Bake for 13-15 minutes or until a toothpick comes out clean.

Per Serving

Calories 309
Total Fat 21g
Saturated Fat 11g
Monounsaturated Fat 4.6g
Omega 3 0.66g
Omega 6 0.61g
Cholesterol 59mg
Total Carbohydrate 27g
Fiber 3.2g
Sugar 8.4g
Protein 5.2g

Essential Amino Acids

Histidine 0.04g
Isoleucine 0.06g
Leucine 0.12g
Lysine 0.06g
Methionine 0.03g
Phenylalanine 0.07g
Threonine 0.06g
Tryptophan 0.02g
Valine 0.08g

Vitamins

Vitamin A 136mcg
Vitamin B1 0.11mg
Vitamin B2 0.05mg
Vitamin B3 1.06mg
Vitamin B5 0.05mg
Vitamin B6 0.07mg
Vitamin B7 1.33mcg
Vitamin B9 7.9mcg
Vitamin B12 0.07mcg
Vitamin C 2.7mg
Vitamin E 0.58mg
Vitamin K 1.9mcg
Choline 18.4mg

Minerals

Calcium 61mg
Copper 0.19mg
Iodine 6.9mcg
Iron 1mg
Magnesium 37.6mg
Manganese 0.73mg
Phosphorus 108mg
Potassium 122mg
Selenium 6.5mcg
Sodium 147.5mg
Zinc 0.8mg

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Apple Cinnamon Overnight Oats

Makes 2 servings

1 ½ c. almond milk, unsweetened
½ c. dried apples
¼ c. almond butter
2 tsp. ground cinnamon
1 T. maple syrup
1 c. quick rolled oats

Combine the first 5 ingredients in a small food processor. Puree for 1 minute. For a chunkier version, leave the apples out for this step.

Pour the oats in a medium bowl. Pour in the almond mixture. Stir briefly and chill overnight. You can leave out the maple syrup for 38 less calories. For pumpkin fans in the fall, use ½ c. canned pumpkin puree instead of the apple.

Per Serving

Calories 357
Total Fat 13.5g
Saturated Fat 1.66g
Monounsaturated Fat 7.08g
Total Carbohydrate 54g
Fiber 9.5g
Sugar 19.5g
Protein 10g

Essential Amino Acids

Histidine 0.12g
Isoleucine 0.22g
Leucine 0.42g
Lysine 0.27g
Methionine 0.08g
Phenylalanine 0.44g
Threonine 0.16g
Tryptophan 0.07g
Valine 0.29g

Vitamins

Vitamin A 165mcg
Vitamin B1 0.19mg
Vitamin B2 0.35mg
Vitamin B3 1.32mg
Vitamin B5 0.51mg
Vitamin B6 0.08mg
Vitamin B9 23.42mcg
Vitamin C 0.90mg
Vitamin E 9.36mg
Vitamin K 2.2mcg
Choline 34.4mg

Minerals

Calcium 450.08mg
Copper 0.39mg
Iron 3.31mg
Magnesium 118mg
Manganese 2.11mg
Phosphorus 273mg
Potassium 512.29mg
Selenium 12.5mcg
Sodium 190.11mg
Zinc 2.2mg

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8,572

Apple Cinnamon Pancakes

Makes 5 servings

2 T. ground cinnamon
1 large apple, shredded
1 large egg
1 c. whole milk, raw
1 2/3 c. Annie's Organic Pancake Mix
2 T. ghee*

Mix the cinnamon, apple, egg and milk in a bowl. In another bowl, pour in the pancake mix. Make a well and pour in the apple mixture. Briefly stir until it is combined, a few lumps are fine. DO NOT OVERMIX.

Heat a griddle pan on medium heat. Add ghee to grease the pan. Pour the batter onto the pan. Cook until they are golden brown. Flip and cook on the other side.

*You may use coconut oil instead of ghee.

Per Serving

Calories 244
Total Fat 9.3g
Saturated Fat 4.6g
Monounsaturated Fat 2.3g
Cholesterol 54.2mg
Total Carbohydrate 35.6g
Fiber 3.4g
Sugar 10.8g
Protein 6.2g

Essential Amino Acids

Histidine 0.03g
Isoleucine 0.06g
Leucine 0.1g
Lysine 0.09g
Methionine 0.03g
Phenylalanine 0.06g
Threonine 0.05g
Tryptophan 0.01g
Valine 0.08g

Vitamins

Vitamin A 64.4mcg
Vitamin B1 0.03mg
Vitamin B2 0.08mg
Vitamin B3 0.13mg
Vitamin B5 0.04mg
Vitamin B6 0.05mg
Vitamin B7 2.92mcg
Vitamin B9 1.52mcg
Vitamin B12 0.26mcg
Vitamin C 2.18mg
Vitamin D 0.53mcg
Vitamin E 0.33mg
Vitamin K 2.58mcg
Choline 11.78mg

Minerals

Calcium 126.68mg
Copper 0.02mg
Iodine 16.6mcg
Iron 0.57mg
Magnesium 9.95mg
Manganese 0.56mg
Phosphorus 56.35mg
Potassium 230.67mg
Selenium 1.02mcg
Sodium 337.8mg
Zinc 0.27mg

ORAC 7,671

Apple Pie Bars

Makes 16 servings

2 c. quick oats
¼ c. chia seeds
¼ tsp. Real Salt
1 ½ tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground ginger
¼ tsp. ground cloves
2 c. dried apples, chopped
¼ c. shredded coconut flakes, unsweetened
¼ c. toasted pecans
1 tsp. vanilla extract
6 T. unsalted butter, melted
½ c. + 2 T. raw honey
1 T. water

Heat oven to 350°F.

Line a large baking sheet with parchment paper. Mix the first 11 ingredients together in a large bowl. Mix the four wet ingredients and add to the dry mixture. Add more honey if needed. Pour the apple mixture into the prepared baking sheet.

Bake for 22-25 minutes or until it's golden brown. Cool completely and cut into bars. Chill for up to 1 week or freeze for longer storage.

Per Serving

Calories 191
Total Fat 9g
Saturated Fat 4g
Monounsaturated Fat 2.4g
Omega 3 0.92g
Omega 6 0.41g
Cholesterol 11mg
Total Carbohydrate 27g
Fiber 4.4g
Sugar 16g
Protein 2.6g

Essential Amino Acids

Histidine 0.03g
Isoleucine 0.05g
Leucine 0.09g
Lysine 0.06g
Methionine 0.03g
Phenylalanine 0.06g
Threonine 0.04g
Tryptophan 0.02g
Valine 0.06g

Vitamins

Vitamin A 36mcg
Vitamin B1 0.08mg
Vitamin B2 0.05mg
Vitamin B3 0.72mg
Vitamin B5 0.03mg
Vitamin B6 0.03mg
Vitamin B7 5.6mcg
Vitamin B9 4.67mcg
Vitamin E 0.3mg
Vitamin K 1mcg
Choline 7.6mg

Minerals

Calcium 45mg
Copper 0.14mg
Iodine 3.3mcg

Iron 1.17mg
Magnesium 36.76mg
Manganese 0.33mg
Phosphorus 99mg
Potassium 138mg
Selenium 6.38mcg
Sodium 14mg
Zinc 0.77mg
ORAC
604

Banana Muffins

Makes 12 servings

1 stick butter, salted, softened
1 c. granulated sugar
4 large eggs
1 T. vanilla extract
2 c. mashed overripe bananas
3 c. all-purpose flour
1 T. baking soda
1 T. baking powder
1 tsp. ground nutmeg

Heat oven to 400°F. Line a muffin pan with paper cups.

Cream the butter and sugar together. Add in the eggs, vanilla and bananas. In a large bowl, sift the dry ingredients together. Make a well and stir in the wet ingredients. Spoon the batter into the prepared pan.

Bake for 22-25 minutes or until a toothpick comes out clean.

Per Serving

Calories 304
Total Fat 10g
Saturated Fat 5.4g
Monounsaturated Fat 2.8g
Omega 3 0.05g
Omega 6 0.47g
Cholesterol 82mg
Total Carbohydrate 50g
Fiber 1g
Sugar 21g
Protein 6g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.12g
Leucine 0.21g
Lysine 0.17g
Methionine 0.06g
Phenylalanine 0.13g
Threonine 0.10g
Tryptophan 0.03g
Valine 0.16g

Vitamins

Vitamin A 92mcg
Vitamin B1 0.31mg
Vitamin B2 0.24mg
Vitamin B3 2.35mg
Vitamin B5 0.38mg
Vitamin B6 0.18mg
Vitamin B7 4.33mcg
Vitamin B9 15.34mcg
Vitamin B12 0.17mcg
Vitamin C 3mg
Vitamin D 0.33mcg
Vitamin E 0.44mg

Vitamin K 1mcg
Choline 54mg

Minerals

Calcium 74mg
Copper 0.09mg
Iodine 10.88mcg
Iron 2.25mg
Magnesium 20.8mg
Manganese 0.34mg
Phosphorus 163mg
Potassium 321mg
Selenium 10.56mcg
Sodium 341mg
Zinc 0.51mg

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480

Blueberry Scones

Makes 8 servings

2 c. all-purpose flour
1 T. baking powder
½ tsp. Real Salt
2 T. granulated sugar
5 T. butter, unsalted
1 c. fresh blueberries
1 c. heavy cream

Cut the butter into small pieces. Chill for 1 hour.

Heat oven to 400°F. Sift the dry ingredients together. With a pastry blender, cut in the butter until you have coarse crumbs. Gently fold in the blueberries. Make a well and pour in the cream. Gently fold everything together just enough to combine.

On a lightly floured surface, pat out the dough into a circle 1 ¼" thick. Cut into 8 wedges. Lay the scones on an ungreased cookie sheet. Brush the tops with heavy cream. Bake for 18-20 minutes.

Per Serving

Calories 253
Total Fat 13g
Saturated Fat 7.9g
Monounsaturated Fat 3.4g
Omega 3 0.05g
Omega 6 0.33g
Cholesterol 36mg
Total Carbohydrate 31g
Fiber 0.5g
Sugar 5g
Protein 4g

Essential Amino Acids

Histidine 0.01g
Isoleucine 0.03g
Leucine 0.05g
Lysine 0.02g
Methionine 0.01g
Phenylalanine 0.03g
Threonine 0.02g
Tryptophan 0.01g
Valine 0.03g

Vitamins

Vitamin A 123mcg
Vitamin B1 0.30mg

Vitamin B2 0.17mg
Vitamin B3 2.19mg
Vitamin B5 0.10mg
Vitamin B6 0.03mg
Vitamin B9 1.98mcg
Vitamin B12 0.04mcg
Vitamin C 1.9mg
Vitamin D 0.24mcg
Vitamin E 0.46mg
Vitamin K 4.7mcg
Choline 5.3mg

Minerals

Calcium 100mg
Copper 0.06mg
Iodine 11.75mcg
Iron 1.96mg
Magnesium 11.21mg
Manganese 0.30mg
Phosphorus 175.52mg
Potassium 262.47mg
Selenium 5.48mcg
Sodium 140mg
Zinc 0.31mg

ORAC

934

Blueberry Yogurt

Makes 2 servings

1 c. frozen wild blueberries, thawed
1 T. water
1 T. raw honey
16 oz. Greek yogurt

Blend the blueberries and water in a food processor. Add the yogurt and honey. Blend briefly to combine. Chill for at least 4 hours.

Per Serving

Calories 292
Total Fat 11g
Saturated Fat 5.5g
Monounsaturated Fat 4.8g
Omega 3 0.06g
Omega 6 0.47g
Cholesterol 29mg
Total Carbohydrate 27g
Fiber 3g
Sugar 18g
Protein 20g

Vitamins

Vitamin A 6.64mcg
Vitamin B1 0.07mg
Vitamin B2 0.63mg
Vitamin B3 0.91mg
Vitamin B5 0.75mg
Vitamin B6 0.16mg
Vitamin B7 3.92mcg
Vitamin B9 11.55mcg
Vitamin B12 1.7mcg
Vitamin C 1.3mg
Vitamin E 0.20mg
Choline 34.4mg

Minerals

Calcium 239.32mg
Copper 0.04mg
Iodine 74mcg
Iron 0.45mg
Magnesium 30.06mg
Manganese 2.03mg
Phosphorus 315.69mg

Potassium 372.84mg
Selenium 22mcg
Sodium 81mg
Zinc 1.67mg
ORAC
6,803

Cacao & Chia Overnight Oats

Makes 2 servings

2 T. chia seeds
1 T. maple syrup
1 tsp. vanilla extract
1 ½ c. unsweetened almond milk
2 T. raw cacao powder
2 T. peanut butter, unsalted
1 c. quick rolled oats

Blend the chia seeds, maple syrup, vanilla, almond milk and cacao powder in a small food processor. Pour into a bowl. Whisk in the peanut butter and oats. Chill overnight.

Per Serving

Calories 377
Total Fat 18g
Saturated Fat 3.2g
Monounsaturated Fat 6.6g
Omega 3 2.5g
Omega 6 2.7g
Total Carbohydrate 47g
Fiber 12g
Sugar 7.9g
Protein 13g

Essential Amino Acids

Histidine 0.18g
Isoleucine 0.25g
Leucine 0.50g
Lysine 0.29g
Methionine 0.13g
Phenylalanine 0.38g
Threonine 0.22g
Tryptophan 0.11g
Valine 0.32g

Vitamins

Vitamin A 164.7mcg
Vitamin B1 0.30mg
Vitamin B2 0.23mg
Vitamin B3 4.05mg
Vitamin B5 0.19mg
Vitamin B6 0.11mg
Vitamin B9 30.44mcg
Vitamin E 6.85mg
Choline 32.8mg

Minerals

Calcium 469.69mg
Copper 0.60mg
Iron 4.36mg
Magnesium 169.68mg
Manganese 1.02mg
Phosphorus 397.67mg
Potassium 514.43mg
Selenium 21.13mcg
Sodium 140.95mg
Zinc 3.05mg

ORAC
7,736

Cacao & Chia Pudding

Makes 4 servings

2 c. canned coconut milk, unsweetened
6 T. chia seeds
¼ c. peanut butter powder
¼ c. raw cacao powder
4 scoops Chocolate Ka'Chava powder
1 vanilla bean, scraped
½ tsp. ground cinnamon

Pour all of the ingredients into a food processor. Process until the mixture is smooth.
Chill for at least 4 hours. This pudding will be very thick. You may decrease the chia down to 4 or 5 tablespoons. Experiment! Eat within 5 days.

Per Serving

Calories 274
Total Fat 12.2g
Saturated Fat 5.7g
Monounsaturated Fat 0.59g
Omega 3 2.69g
Omega 6 0.88g
Total Carbohydrate 28.5g
Fiber 11.5g
Sugar 7.5g
Protein 19.3g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.16g
Leucine 0.27g
Lysine 0.2g
Methionine 0.1g
Phenylalanine 0.2g
Threonine 0.14g
Tryptophan 0.08g
Tyrosine 0.12g
Valine 0.2g

Vitamins

Vitamin A 452mcg
Vitamin B1 0.46mg
Vitamin B2 0.45mg
Vitamin B3 6.45mg
Vitamin B5 2.5mg
Vitamin B6 0.5mg
Vitamin B7 37.5mcg
Vitamin B9 168.24mcg
Vitamin B12 2.27mcg
Vitamin C 15mg
Vitamin D 3.72mcg
Vitamin E 5.1mg
Vitamin K 0.2mcg
Choline 0.6mcg

Minerals

Calcium 639.75mg
Copper 0.74mg
Iodine 37.5mcg
Iron 6.26mg
Magnesium 222.59mg
Manganese 1.13mg
Phosphorus 469.48mg
Potassium 517.95mg
Selenium 26.61mcg
Sodium 309.24mg
Zinc 4.82mg

ORAC

7,751

Cherry Chocolate Chia Granola

Makes 11 servings

2 ½ c. old-fashioned oats
1 c. chopped pecans

1/3 c. chia seeds
1 ½ tsp. ground cinnamon
½ tsp. Real Salt
¼ c. coconut oil, melt then measure
½ c. maple syrup
½ c. unsweetened dried cherries
3 oz. dark chocolate, 70-85% cacao content, chopped
1 ½ c. puffed quinoa

Heat oven to 300°F. Line two baking sheets with parchment. Mix the oats, pecans, chia, cinnamon and salt in a large bowl. Whisk the coconut oil and maple syrup in a small bowl. Pour the wet ingredients into the oat mixture. Slide on a pair of gloves and grease with coconut oil. Mix the oat mixture with your hands. Spread out the granola in an even layer, ¼" thick, onto the baking sheets.

Bake for 30-35 minutes until it's golden brown. Stir every 10 minutes. Cool for 1 hour. Break the granola into smaller pieces. Mix in the cherries, chocolate and
quinoa. Store the granola in an airtight container for up to 2 weeks.

Per Serving

Calories 333
Total Fat 19g
Saturated Fat 7g
Monounsaturated Fat 4.6g
Omega 3 0.87g
Omega 6 0.36g
Total Carbohydrate 41g
Fiber 8g
Sugar 14g
Protein 6.5g

Essential Amino Acids
Histidine 0.05g
Isoleucine 0.08g
Leucine 0.13g
Lysine 0.1g
Methionine 0.05g
Phenylalanine 0.09g
Threonine 0.06g
Tryptophan 0.03g
Valine 0.09g

Vitamins
Vitamin A 0.32mcg
Vitamin B1 0.2mg
Vitamin B2 0.25mg
Vitamin B3 0.86mg
Vitamin B7 9.59mcg
Vitamin B9 18.42mcg
Vitamin E 0.44mg
Choline 17mg

Minerals
Calcium 78mg
Copper 0.28mg
Iodine 2.9mcg
Iron 2.9mg
Magnesium 71.7mg
Phosphorus 180.69mg
Potassium 197.9mg
Selenium 9.16mcg
Sodium 110mg
Zinc 1.78mg

ORAC
7,439

Cherry Scones

Makes 8 servings

3 c. all-purpose flour
1 c. granulated sugar
1 T. baking powder
Zest of 1 orange
½ tsp. ground cinnamon
1 ½ sticks butter, salted, diced
1 c. unsweetened dried cherries
½ c. sliced almonds, toasted
½ c. heavy cream

Heat oven to 375°F. Line a baking sheet with parchment paper. In a large bowl, mix up the first 5 ingredients. Add the butter. Rub with your hands until a coarse meal forms. Add the cherries and almonds. Add the cream and briefly stir to combine. Form the dough into a circle 1" thick. Cut into 8 wedges. Transfer the scones to the baking sheet. Bake for 16-18 minutes.

Per Serving

Calories 522
Total Fat 24g
Saturated Fat 13g
Monounsaturated Fat 7.5g
Omega 3 0.08g
Omega 6 0.53g
Cholesterol 54mg
Total Carbohydrate 71g
Fiber 1.6g
Sugar 29g
Protein 7.3g

Essential Amino Acids

Histidine 0.05g
Isoleucine 0.07g
Leucine 0.14g
Lysine 0.06g
Methionine 0.02g
Phenylalanine 0.10g
Threonine 0.06g
Tryptophan 0.02g
Valine 0.08g

Vitamins

Vitamin A 175.76mcg
Vitamin B1 0.45mg
Vitamin B2 0.28mg
Vitamin B3 3.41mg
Vitamin B5 0.08mg
Vitamin B6 0.04mg
Vitamin B9 4.42mcg
Vitamin B12 0.05mcg
Vitamin D 0.12mcg
Vitamin E 2.24mg
Vitamin K 1.8mcg
Choline 9mg

Minerals

Calcium 133.75mg
Copper 0.14mg
Iodine 5mcg
Iron 3.69mg
Magnesium 33mg
Manganese 0.52mg
Phosphorus 223mg
Potassium 378mg
Selenium 8.17mcg
Sodium 275mg
Zinc 0.6mg

ORAC

1,045

Costa Rican Smoothie

Makes 1 serving

1 banana, sliced, frozen
1 c. almond milk, unsweetened
2 T. peanut butter, unsalted
1 ½ T. raw cacao powder
½ tsp. vanilla extract
2 scoops Chocolate Ka'Chava powder*

Blend everything on high speed. This makes a great breakfast during the hot summers.

*You may also add any other protein powder to boost the protein content.

Per Serving

Calories 600
Total Fat 27g
Saturated Fat 8.7g
Monounsaturated Fat 10.1g
Total Carbohydrate 69g
Fiber 15.4g
Sugar 28g
Protein 36g

Essential Amino Acids

Histidine 0.2g
Isoleucine 0.2g
Leucine 0.5g
Lysine 0.2g
Methionine 0.1g
Phenylalanine 0.4g
Threonine 0.2g
Tryptophan 0.1g
Valine 0.3g

Vitamins

Vitamin A 973.3mcg
Vitamin B1 0.8mg
Vitamin B2 1mg
Vitamin B3 15.3mg
Vitamin B5 5.3mg
Vitamin B7 75mcg
Vitamin B6 1.6mg
Vitamin B9 391mcg
Vitamin B12 3mcg
Vitamin C 41mg
Vitamin D 5mcg
Vitamin E 20mg
Vitamin K 1mcg
Choline 41.1mg

Minerals

Calcium 1,081.3mg
Copper 1.4mg
Iodine 80mcg
Iron 10.2mg
Magnesium 402.8mg
Manganese 1.7mg
Phosphorus 816.3mg
Potassium 1,466.5mg
Selenium 38.9mcg
Sodium 659mg
Zinc 9.2mg

ORAC

6,590

Dark Chocolate Granola

Makes 9 servings

3 c. old-fashioned oats
1 ¼ c. walnuts, chopped
1/3 c. unsweetened shredded coconut
3 T. chia seeds
¼ c. coconut sugar
1 tsp. Real Salt
6 T. Dutch cocoa powder
¼ c. coconut oil
½ c. maple syrup
4 oz. dark chocolate, chopped

Heat oven to 340°F. Mix the first 7 ingredients in a large bowl. In a small saucepan, warm up the coconut oil and maple syrup on medium heat. Pour the mixture over the oats. Stir to combine. Spread the granola onto a baking sheet.

Bake for 22-24 minutes, stirring occasionally. The granola should be fragrant and golden brown. Cool completely. Mix in the chocolate. The granola lasts up to 2 weeks at room temperature or frozen for up to 1 month.

Per Serving

Calories 425
Total Fat 26g
Saturated Fat 11g
Monounsaturated Fat 4.1g
Omega 3 0.66g
Omega 6 0.46g
Total Carbohydrate 43g
Fiber 9g
Sugar 15g
Protein 9g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.16g
Leucine 0.29g
Lysine 0.14g
Methionine 0.06g
Phenylalanine 0.19g
Threonine 0.15g
Tryptophan 0.05g
Valine 0.20g

Vitamins

Vitamin B1 0.22mg
Vitamin B2 0.31mg
Vitamin B3 1mg
Vitamin B5 0.16mg
Vitamin B6 0.12mg
Vitamin B7 10.33mcg
Vitamin B9 26.48mcg
Vitamin B12 0.03mcg
Vitamin E 0.33mg
Vitamin K 1.8mcg
Choline 18.4mg

Minerals

Calcium 86.62mg
Copper 0.75mg
Iodine 12mcg
Iron 4mg
Magnesium 123.47mg
Manganese 1.56mg
Phosphorus 263.33mg
Potassium 429.3mg
Selenium 12.3mcg
Sodium 245mg
Zinc 2.56mg

ORAC

7,111

Dark Chocolate Protein Shake

Makes 2 servings

1 tsp. vanilla bean paste*
½ tsp. ground cinnamon
3 T. raw cacao powder
3 T. peanut butter powder**
1 qt. whole milk, raw
1 T. raw honey***

Dump all of the ingredients in a blender. Blend on high speed for 1 minute. Consume within 2 hours. Don't worry, it will be very frothy!

*You may also use vanilla extract. To extract the vanilla bean paste, take 1 Grade A Madagascar Vanilla Bean and split lengthwise with a small paring knife. Slide the knife down the bean and collect the paste. Leave the paste in a shallow dish to dry completely, do not cover!
Use the vanilla bean paste as needed.
**You may leave out the peanut butter powder; store up to 3 days.
***You may use more raw honey if you like sweeter shakes.

Per Serving

Calories 417
Total Fat 20g
Saturated Fat 13g
Monounsaturated Fat 0.3g
Cholesterol 70mg
Total Carbohydrate 42g
Fiber 4.4g
Sugar 34g
Protein 24g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.06g
Leucine 0.10g
Lysine 0.08g
Methionine 0.01g
Phenylalanine 0.08g
Threonine 0.06g
Tryptophan 0.02g
Valine 0.10g

Vitamins

Vitamin A 180mcg
Vitamin B2 820mg
Vitamin B3 420mg
Vitamin B5 0.04mg
Vitamin B6 226mg
Vitamin B7 9.28mcg
Vitamin B9 2.88mcg
Vitamin B12 2.12mcg
Vitamin C 9mg
Vitamin D 19mcg
Vitamin E 0.28mg
Vitamin K 24mcg

Minerals

Calcium 631mg
Copper 0.32mg
Iodine 112mcg
Iron 1.5mg
Magnesium 41mg
Manganese 0.56mg
Phosphorus 60mg
Potassium 244mg
Selenium 1.28mcg

Sodium 68mg
Zinc 0.59mg
ORAC 10,579

Grandma's Granola

Makes 6 servings

1 ½ c. old-fashioned oats
¼ c. honey
1 tsp. ground cinnamon
½ c. sliced almonds
¼ c. coconut flakes, unsweetened
¼ c. sunflower seeds
¼ c. chia seeds
¼ c. wheat germ
½ c. dried cherries, unsweetened

Heat oven to 300°F. Line a large baking sheet with parchment paper.

Mix the first 8 ingredients in a large bowl. Be sure to wear gloves! Pour the oat mixture onto the prepared pan and spread out evenly.

Bake for 25 minutes, stir halfway through. Cool completely and mix in the cherries. This will keep for 1 week at room temperature in an airtight container.

Per Serving

Calories 368
Total Fat 19g
Saturated Fat 2.8g
Monounsaturated Fat 5.2g
Omega 3 4.8g
Omega 6 1.5g
Total Carbohydrate 44g
Fiber 14g
Sugar 14g
Protein 11g

Essential Amino Acids

Histidine 0.14g
Isoleucine 0.22g
Leucine 0.37g
Lysine 0.26g
Methionine 0.16g
Phenylalanine 0.28g
Threonine 0.19g
Tryptophan 0.11g
Valine 0.26g

Vitamins

Vitamin A 6mcg
Vitamin B1 0.35mg
Vitamin B2 0.26mg
Vitamin B3 3.47mg
Vitamin B5 0.04mg
Vitamin B6 0.11mg
Vitamin B7 8.6mcg
Vitamin B9 35.7mcg
Vitamin C 1.1mg
Vitamin E 4.26mg
Vitamin K 1.4mcg
Choline 25mg

Minerals

Calcium 220mg
Copper 0.55mg

Iodine 4mcg
Iron 4.1mg
Magnesium 169mg
Manganese 0.87mg
Phosphorus 449mg
Potassium 361mg
Selenium 25.9mcg
Sodium 7.5mg
Zinc 3.3mg
ORAC
294

Hungry Hawaiian Breakfast

Makes 4 servings

2 cups cooked quinoa
1 c. coconut milk, unsweetened
½ c. water
1 tsp. ground cinnamon
1/3 c. maple syrup
½ c. unsweetened coconut, toasted
1 c. chopped fresh mangoes
1 c. chopped fresh pineapple
½ c. chia seeds

In a medium pot mix the quinoa, coconut milk, water, cinnamon and maple syrup. Bring to a
boil then reduce heat. Cook and stir for 5 minutes or until it has thickened.

Sprinkle the coconut, mangoes, pineapple and chia seeds on top.

Per Serving

Calories 383
Total Fat 13g
Saturated Fat 5.4g
Monounsaturated Fat 1.1g
Omega 3 3.6g
Omega 6 1.1g
Total Carbohydrate 61g
Fiber 12g
Sugar 28g
Protein 8.5g

Essential Amino Acids

Histidine 0.23g
Isoleucine 0.32g
Leucine 0.54g
Lysine 0.43g
Methionine 0.21g
Phenylalanine 0.39g
Threonine 0.27g
Tryptophan 0.14g
Valine 0.38g

Vitamins

Vitamin A 62mcg
Vitamin B1 0.29mg
Vitamin B2 0.49mg
Vitamin B3 2.72mg
Vitamin B5 0.03mg
Vitamin B6 0.21mg
Vitamin B9 66.8mcg
Vitamin B12 0.38mcg
Vitamin C 35.4mg
Vitamin K 2.2mcg
Choline 28mg

Minerals

Calcium 303.7mg
Copper 0.52mg
Iron 3.64mg

Magnesium 145mg
Manganese 2mg
Phosphorus 335.2mg
Potassium 466mg
Selenium 15mcg
Sodium 26mg
Zinc 2.3mg
ORAC
2,038

Instant Apple Cinnamon Oatmeal

Makes 12 servings

6 c. old fashioned rolled oats
½ c. coconut sugar
1 T. ground cinnamon
1 tsp. Real Salt
1 c. dried apples, diced

Heat oven to 325°F. Spread the oats out on a baking sheet. Bake for 20 minutes. Cool slightly.

Pour the coconut sugar, cinnamon and salt in a food processor. Add 4 c. oats. Blitz to a rough powder. Pour into a bowl. Add the remaining oats and apples. Portion out 12 servings.

For each serving, take ½ c. oatmeal mix (1 bag) and add 1-1 ½ c. boiling water. Cover and leave for 5 minutes. You can store the instant oatmeal for up to 1 month at room temperature, chill up to 3 months or freeze for up to 6 months.

Per Serving

Calories 207
Total Fat 2.7g
Saturated Fat 0.5g
Monounsaturated Fat 0.8g
Total Carbohydrate 42g
Fiber 5g
Sugar 13g
Protein 5.4g

Vitamins

Vitamin B1 0.18mg
Vitamin B2 0.07mg
Vitamin B3 0.54mg
Vitamin B6 0.05mg
Vitamin B7 15.5mcg
Vitamin B9 13mcg
Vitamin E 0.23mg
Vitamin K 1.2mcg
Choline 18mg

Minerals

Calcium 36mg
Copper 0.17mg
Iodine 13mcg
Iron 1.94mg
Magnesium 58mg
Manganese 0.12mg
Phosphorus 169mg

Potassium 193mg
Selenium 11mcg
Sodium 187mg

Zinc 1.5mg
ORAC
2,249

Jay's Breakfast

Makes 1 serving

1 c. water
1/3 c. oat bran
½ c. whole milk, raw
1 T. chia seeds*

1 tsp. raw honey**
½ tsp. vanilla bean paste
½ tsp. ground cinnamon
Pinch of Real Salt

Bring 1 cup of water to a boil. Slowly stir in the oat bran. Reduce heat to medium low and cook for 3 minutes, stirring occasionally. Remove from heat and leave for 2 minutes.

Mix in the milk, chia, honey, vanilla, cinnamon and salt.

*You can replace the chia with flax seeds or hemp seeds or use all three!

**Use pure maple syrup if you run out of honey.

Per Serving

Calories 254
Total Fat 11g
Saturated Fat 3.9g
Monounsaturated Fat 1.1g
Omega 3 2.14g
Omega 6 0.7g
Cholesterol 18mg
Total Carbohydrate 42g
Fiber 10g
Sugar 12g
Protein 13g

Essential Amino Acids

Histidine 0.22g
Isoleucine 0.35g
Leucine 0.68g
Lysine 0.40g
Methionine 0.20g
Phenylalanine 0.46g
Threonine 0.27g
Tryptophan 0.18g
Valine 0.48g

Vitamins

Vitamin A 45mcg
Vitamin B1 0.51mg
Vitamin B2 205mg
Vitamin B3 106.42mg
Vitamin B5 0.56mg
Vitamin B6 56.56mg
Vitamin B7 12.64mcg
Vitamin B9 19.73mcg
Vitamin B12 0.53mcg
Vitamin C 2.5mg
Vitamin D 4.75mcg
Vitamin E 0.46mg
Vitamin K 7.2mcg
Choline 12.4mg

Minerals

Calcium 254.46mg
Copper 0.26mg
Iodine 37.75mcg
Iron 3mg
Magnesium 129mg

Manganese 2.56mg
Phosphorus 380mg
Potassium 268mg
Selenium 23.7mcg
Sodium 136.27mg
Zinc 1.75mg

ORAC
6,389

Ka'Chava Overnight Oats

Makes 2 servings

3 T. chia seeds
1 tsp. vanilla extract
2 c. almond milk, unsweetened
2 T. raw cacao powder
¼ c. natural peanut butter, unsalted
1 c. quick rolled oats
2 scoops Chocolate Ka'Chava powder*

Pulse the chia, vanilla, almond milk and cacao in a small food processor for 2 minutes. Pour into a bowl. Mix in the peanut butter and oats. Chill overnight. Before serving, stir in the Ka'Chava. Go crazy on the garnish, use maca, cinnamon, have fun!

*You may also add any other protein powder to boost the protein content.

Per Serving

Calories 641
Total Fat 27g
Saturated Fat 7.8g
Monounsaturated Fat 7.1g
Omega 3 3.8g
Omega 6 3.2g
Total Carbohydrate 71g
Fiber 22g
Sugar 11g
Protein 39g

Essential Amino Acids
Histidine 0.2g
Isoleucine 0.3g
Leucine 0.6g
Lysine 0.3g
Methionine 0.1g
Phenylalanine 0.4g
Threonine 0.2g
Tryptophan 0.1g
Valine 0.4g

Vitamins
Vitamin A 969.6mcg
Vitamin B1 1mg
Vitamin B2 0.9mg
Vitamin B3 14.7mg
Vitamin B5 5.2mg
Vitamin B6 1.1mg
Vitamin B7 108.2mcg
Vitamin B9 364mcg
Vitamin B12 3mcg
Vitamin C 30.3mg
Vitamin D 5mcg
Vitamin E 18.6mg
Vitamin K 0.9mcg
Choline 34.7mg

Minerals

Calcium 1,219mg
Copper 1.4mg
Iodine 77mcg
Iron 12.5mg
Magnesium 485.6mg
Manganese 1.9mg
Phosphorus 1,064.1mg
Potassium 1,118.2mg
Selenium 60.1mcg
Sodium 660.3mg
Zinc 10.8mg
ORAC
13,271

Mango Scones

Makes 8 servings

1/3 c. buttermilk
1 large egg
3 c. all-purpose flour
4 tsp. baking powder
½ tsp. baking soda
¼ tsp. Real Salt
½ tsp. ground ginger, optional
8 T. butter, unsalted
1 c. mangoes, chopped
½ c. granulated sugar

Beat the buttermilk and egg together, set aside. In a large bowl, stir the flour, baking powder, baking soda, salt and ginger together. Cut in the butter until you have coarse crumbs. Stir in the mangoes and sugar. Stir in the egg mixture until a soft dough forms.

Briefly knead the dough 10 times on a lightly floured surface. Shape the dough into a circle. Cut into 8 wedges and lay them on a greased cookie sheet. Bake for 23-25 minutes.

Per Serving

Calories 340
Total Fat 13g
Saturated Fat 7.6g
Monounsaturated Fat 3.6g
Omega 3 0.04g
Omega 6 0.41g
Cholesterol 55mg
Total Carbohydrate 50g
Sugar 13g
Protein 6.4g

Essential Amino Acids
Histidine 0.03g
Isoleucine 0.06g
Leucine 0.11g
Lysine 0.09g
Methionine 0.03g
Phenylalanine 0.06g
Threonine 0.05g
Tryptophan 0.01g
Valine 0.08g

Vitamins
Vitamin A 112mcg
Vitamin B1 0.44mg
Vitamin B2 0.26mg
Vitamin B3 3.18mg
Vitamin B5 0.15mg
Vitamin B6 0.04mg
Vitamin B7 1.25mcg

Vitamin B9 3.9mcg
Vitamin B12 0.13mcg
Vitamin D 0.26mcg
Vitamin E 0.41mg
Vitamin K 1mcg
Choline 22.6mg

Minerals

Calcium 136.32mg
Copper 0.07mg
Iodine 5.25mcg
Iron 2.97mg
Magnesium 15.52mg
Manganese 0.40mg
Phosphorus 247mg
Potassium 344mg
Selenium 9.93mcg
Sodium 169.62mg
Zinc 0.5mg

ORAC

416

Mango Coconut Oatmeal

Makes 1 serving

½ c. quick oats
1 c. water
1 T. honey
1/3 c. frozen mangos, thawed
2 T. unsweetened shredded coconut, toasted

Mix the oats and water in a small saucepan. Bring to a boil on medium heat and cook for 5 minutes. Add honey and mangos. Cook for 2 minutes. Sprinkle the toasted coconut on top.

Per Serving

Calories 317
Total Fat 8.8g
Saturated Fat 5.5g
Monounsaturated Fat 0.8g
Total Carbohydrate 55g
Fiber 6g
Sugar 25g
Protein 7g

Vitamins

Vitamin A 27mcg
Vitamin B1 0.2mg
Vitamin B2 0.09mg
Vitamin B3 0.81mg
Vitamin B6 0.10mg
Vitamin B7 15.5mcg
Vitamin B9 34.88mcg
Vitamin C 18.3mg
Vitamin E 0.62mg
Vitamin K 2.9mcg
Choline 20.7mg

Minerals

Calcium 29.82mg
Copper 0.23mg
Iodine 8mcg
Iron 2.89mg
Magnesium 61.31mg
Phosphorus 173.89mg
Potassium 301.53mg
Selenium 12.17mcg
Zinc 1.56mg

ORAC

111

October Oatmeal
Makes 2 servings

1 c. dried apple rings, chopped
1 c. old-fashioned oats
2 c. water
½ t. ground cinnamon
½ c. toasted walnuts
¼ c. dried unsweetened cherries
2 T. chia seeds

Mix the apples, oats and water in a small saucepan. Bring to a boil on medium heat and cook for
5 minutes. Add the cinnamon. Cook for 2 minutes. Pour the oats into two bowls. Sprinkle the walnuts, cherries and chia seeds on top.

Per Serving

Calories 533
Total Fat 25g
Saturated Fat 2.6g
Monounsaturated Fat 3.6g
Omega 3 1.8g
Omega 6 0.6g
Total Carbohydrate 71g
Fiber 14g
Sugar 25g
Protein 12g

Essential Amino Acids

Histidine 0.17g
Isoleucine 0.27g
Leucine 0.49g
Lysine 0.24g
Methionine 0.13g
Phenylalanine 0.31g
Threonine 0.25g
Tryptophan 0.09g
Valine 0.33g

Vitamins

Vitamin B1 0.35mg
Vitamin B2 0.14mg
Vitamin B3 1.8mg
Vitamin B5 0.24mg
Vitamin B6 0.26mg
Vitamin B7 21.2mcg
Vitamin B9 41.6mcg
Vitamin C 1.9mg
Vitamin E 0.6mg
Vitamin K 2.7mcg
Choline 32.8mg

Minerals

Calcium 153.57mg
Copper 0.77mg
Iodine 8mcg
Iron 5.12mg
Magnesium 141.32mg
Manganese 1.41mg
Phosphorus 365.7mg
Potassium 583.24mg
Selenium 19.09mg
Sodium 30mg
Zinc 2.9mg

ORAC

1,912

Peanut Butter Protein Shake
Makes 4 servings

2 c. whole milk, raw
1 medium banana, peeled, chopped
3 T. peanut butter, unsalted
1 vanilla bean, split and scraped
¼ c. raw cacao powder
3 T. chia seeds
1 T. raw honey, optional
2 tsp. maca powder
6 ice cubes

Pour the milk into your blender. Add the remaining ingredients. Blend for 2 minutes. If the milkshake is too thick, add more milk.

Pour into glasses and serve!

Per Serving

Calories 272
Total Fat 14g
Saturated Fat 5g
Monounsaturated Fat 3.5g
Omega 3 1.35g
Omega 6 1.9g
Cholesterol 18mg
Total Carbohydrate 33g
Fiber 7g
Sugar 19g
Protein 10g

Essential Amino Acids

Histidine 0.16g
Isoleucine 0.19g
Leucine 0.39g
Lysine 0.23g
Methionine 0.09g
Phenylalanine 0.30g
Threonine 0.17g
Tryptophan 0.08g
Valine 0.25g

Vitamins

Vitamin A 46.69mcg
Vitamin B1 0.08mg
Vitamin B2 205mg
Vitamin B3 107.73mg
Vitamin B5 0.34mg
Vitamin B7 3.08mcg
Vitamin B9 23.51mcg
Vitamin B12 0.53mcg
Vitamin C 7.3mg
Vitamin D 4.75mg
Vitamin E 1.2mg
Vitamin K 6.2mg
Choline 13.8mg

Minerals

Calcium 217mg
Copper 0.37mg
Iodine 29.25mcg
Iron 1.76mg
Magnesium 88.97mg
Manganese 0.78mg
Phosphorus 157mg
Potassium 406mg
Selenium 6mcg
Sodium 5mg
Zinc 1.16mg

ORAC

9,198

Polynesian Fruit Salad

Makes 6 servings

2 c. chopped mango
2 c. chopped papaya (or use cantaloupe)
1 c. red seedless grapes, halved
4 navel oranges, peeled, segmented, juice and grated zest reserved
2 T. raw honey
2 c. chopped pineapple
2 T. chia seeds, optional

Mix the mangos, papaya, grapes and oranges in a bowl. Whisk the honey, orange zest and juice together. Toss the fruit with the dressing. Chill for at least 4 hours. Portion the fruit into 4 dessert bowls. Before serving, add the pineapple. If you add the pineapple sooner, the other fruits may be "tenderized" from the key enzyme in pineapple, bromelain. The crazy part is that bromelain is used to make meat tenderizer! Garnish the salad with chia seeds.

Per Serving

Calories 182
Total Fat 1.6g
Saturated Fat 0.2g
Monounsaturated Fat 0.2g
Omega 3 0.6g
Omega 6 0.2g
Total Carbohydrate 44g
Fiber 6g
Sugar 34g
Protein 2.6g

Vitamins

Vitamin A 66mcg
Vitamin B1 0.17mg
Vitamin B2 0.12mg
Vitamin B3 1.56mg
Vitamin B5 0.56mg
Vitamin B6 0.24mg
Vitamin B9 83.8mg
Vitamin C 132mg
Vitamin E 0.85mg
Vitamin K 7.6mcg
Choline 19.5mg

Minerals

Calcium 86.95mg
Copper 0.24mg
Iron 0.87mg
Magnesium 45.58mg
Manganese 0.68mg
Phosphorus 72.35mg
Potassium 460mg
Selenium 2.6mcg
Sodium 7mg
Zinc 0.42mg

ORAC

3,844

Pumpkin Chia Pudding

Makes 4 servings

1 c. canned pure pumpkin
1 ½ c. unsweetened coconut milk
1/4 c. maple syrup
6 T. chia seeds
4 tsp. pumpkin pie spice*
1 tsp. vanilla extract

Puree all 6 ingredients with a food processor for 1 minute. Pour into a medium bowl.
Chill for at least 6 hours. For a thicker pudding, increase the chia seeds and decrease the coconut milk. This pudding lasts for up to 5 days.
*If you do not have pumpkin pie spice, simply mix 2 ¼ tsp. ground cinnamon, 1 tsp. ground ginger, ½ tsp. ground cloves and ¼ tsp. ground nutmeg.

Per Serving

Calories 182
Total Fat 7g
Saturated Fat 2.6g
Monounsaturated Fat 0.3g
Omega 3 2.7g
Omega 6 0.8g
Total Carbohydrate 29g
Fiber 7g
Sugar 17g
Protein 3.5g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.14g
Leucine 0.23g
Lysine 0.18g
Methionine 0.09g
Phenylalanine 0.17g
Threonine 0.12g
Tryptophan 0.07g
Valine 0.16g

Vitamins

Vitamin A 534mcg
Vitamin B1 0.12mg
Vitamin B2 0.32mg
Vitamin B3 1.6mg
Vitamin B5 0.25mg
Vitamin B6 0.04mg
Vitamin B9 7.7mcg
Vitamin B12 0.58mcg
Vitamin C 3.2mg
Vitamin E 0.76mg
Vitamin K 10.3mcg
Choline 6.7mg

Minerals

Calcium 315mg
Copper 0.22mg
Iron 2.65mg
Magnesium 71mg
Manganese 1.37mg
Phosphorus 153mg
Potassium 260mg
Selenium 8.8mcg
Sodium 26mg
Zinc 1.1mg

ORAC

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Pumpkin Gingerbread Waffles

Makes 4 servings

2 ¼ c. old-fashioned oats
2 T. chia seeds, optional
1 T. baking powder
½ tsp. Real Salt
2 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
½ tsp. ground cloves

3 large eggs, beaten
1 c. unsweetened coconut milk
½ c. melted coconut oil, melt then measure
½ c. canned pumpkin puree
1/3 c. maple syrup
2 T. vanilla extract

Blend the oats in a blender. Now you have oat flour! Whisk the oat flour, chia seeds, baking powder, salt and spices in a large bowl.

In a separate bowl, whisk the eggs, coconut milk, oil, pumpkin, maple and vanilla.
Mix the liquids into the oat mixture. Let the batter rest for 5 minutes. Preheat your Belgian waffle iron to the max setting. Apply some coconut oil and then pour in ¼ of the batter.
This batter will be thick. You may add more coconut milk if you like it thinner. Once the waffles are golden brown, cool on a wire rack or keep them warm in the oven.

Per Serving

Calories 716
Total Fat 50g
Saturated Fat 37g
Monounsaturated Fat 4.7g
Omega 3 0.95g
Omega 6 1.34g
Cholesterol 140mg
Total Carbohydrate 58g
Fiber 9.4g
Sugar 19g
Protein 13g

Essential Amino Acids

Histidine 0.15g
Isoleucine 0.3g
Leucine 0.5g
Lysine 0.4g
Methionine 0.17g
Phenylalanine 0.3g
Threonine 0.25g
Tryptophan 0.1g
Valine 0.38g

Vitamins

Vitamin A 298mcg
Vitamin B1 0.3mg
Vitamin B2 0.6mg
Vitamin B3 1.6g
Vitamin B5 0.7g
Vitamin B6 0.15g
Vitamin B7 24.9mcg
Vitamin B9 45.8mcg
Vitamin B12 0.3mcg
Vitamin C 3mg
Vitamin D 0.75mcg
Vitamin E 1.1mg
Vitamin K 7mcg
Choline 137.5mg

Minerals

Calcium 136mg
Copper 0.45mg
Iodine 30.3mcg
Iron 4.6mg
Magnesium 121mg
Manganese 1.4mg
Phosphorus 377.6mg
Potassium 525mg
Selenium 31.6mcg
Sodium 311mg
Zinc 3.2mg

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Pumpkin Muffins

Makes 12 servings

1 ½ c. brown sugar
1 stick salted butter, softened
4 large eggs
1 T. vanilla extract
2 c. canned pure pumpkin
½ c. whole milk, raw
3 c. all-purpose flour
1 T. baking powder
1 T. baking soda
Pumpkin Muffin Spice Blend*

Heat oven to 375°F. Line a muffin pan with paper cups.

In a medium bowl, cream the sugar and butter together. Whisk in the eggs, vanilla, pumpkin and milk. In a large bowl, sift the remaining ingredients together. Make a well and stir in the wet ingredients. Spoon the batter into the prepared pan. Bake for 25 minutes or until a toothpick comes out clean.
*For the Pumpkin Muffin Spice Blend, mix 1 tsp. ground cinnamon, 1 tsp. ground nutmeg, 1 tsp. ground ginger, 1 tsp. ground allspice and ¼ tsp. ground cloves.

Per Serving

Calories 299
Total Fat 10g
Saturated Fat 5.7g
Monounsaturated Fat 2.6g
Omega 3 0.05g
Omega 6 0.47g
Cholesterol 84mg
Total Carbohydrate 47g
Fiber 1.4g
Sugar 20g
Protein 6.5g

Essential Amino Acids

Histidine 0.06g
Isoleucine 0.13g
Leucine 0.21g
Lysine 0.18g
Methionine 0.07g
Phenylalanine 0.13g
Threonine 0.11g
Tryptophan 0.03g
Valine 0.16g

Vitamins

Vitamin A 412.59mcg
Vitamin B1 0.31mg
Vitamin B2 17.32mcg
Vitamin B3 11mg
Vitamin B5 0.46mg
Vitamin B6 4.79mg
Vitamin B7 3.52mcg
Vitamin B9 13.53mcg
Vitamin B12 0.21mcg
Vitamin C 2mg
Vitamin D 0.73mcg
Vitamin E 0.84mg
Vitamin K 8mcg
Choline 55.5mg

Minerals

Calcium 121.62mg
Copper 0.11mg
Iodine 11.77mcg
Iron 3mg
Magnesium 23.86mg

Manganese 0.44mg
Phosphorus 171.2mg
Potassium 320mg
Selenium 10.7mcg
Sodium 408mg
Zinc 0.55mg
ORAC
993

Pumpkin Pancakes

Makes 12 servings

1 ¼ c. all-purpose flour
3 T. granulated sugar
2 tsp. baking powder
1 ½ tsp. Pumpkin Pie Spice*
¾ tsp. Real Salt
1 1/3 c. whole milk, raw
¾ c. canned pure pumpkin
4 large eggs, separated
½ stick unsalted butter, melted
1 tsp. vanilla extract

Mix the dry ingredients in a large bowl. Mix the milk, pumpkin, egg yolks, butter and vanilla in a medium bowl. Whisk the wet ingredients into the dry ingredients briefly.

Using a KitchenAid mixer, whip the egg whites to stiff peaks. Gently fold the egg whites into the batter in 2 additions.

Brush ghee or coconut oil onto a large nonstick skillet on medium heat. With a pancake pen, squirt out 1/3 c. batter for each pancake. You can also use a spoon or a ladle.
Cook for 1 ½ minutes per side. Serve with REAL MAPLE SYRUP.
*Find this recipe in Bonus Recipes.

Per Serving

Calories 142
Total Fat 6.6g
Saturated Fat 3.6g
Monounsaturated Fat 1.72g
Omega 3 0.03g
Omega 6 0.37g
Cholesterol 76mg
Total Carbohydrate 17g
Fiber 0.6g
Sugar 5g
Protein 4.7g
Essential Amino Acids
Histidine 0.05g
Isoleucine 0.12g
Leucine 0.19g
Lysine 0.16g

Methionine 0.06g
Phenylalanine 0.12g
Threonine 0.10g
Tryptophan 0.03g
Valine 0.15g

Vitamins
Vitamin A 188mcg
Vitamin B1 0.13mg
Vitamin B2 45.58mg
Vitamin B3 24.22mg
Vitamin B5 0.32mg
Vitamin B6 12.57mg
Vitamin B7 3.84mcg
Vitamin B9 9.83mcg
Vitamin B12 0.28mcg
Vitamin C 1mg
Vitamin D 1.38mcg
Vitamin E 0.46mg
Vitamin K 4.3mcg
Choline 51.4mg

Minerals
Calcium 89.55mg
Copper 0.05mg
Iodine 18.95mcg
Iron 3.75mg
Magnesium 9.52mg
Manganese 0.18mg
Phosphorus 110mg
Potassium 159mg
Selenium 7.30mcg
Sodium 159mg
Zinc 0.36mg

ORAC
389

Pumpkin Scones

Makes 10 servings

2 c. whole wheat flour
1 T. baking powder
2 tsp. ground cinnamon
½ tsp. ground nutmeg
½ tsp. ground ginger
½ tsp. ground cloves
½ tsp. Real Salt
1/3 c. unsalted butter, cold, chopped
1/3 c. light brown sugar
1 c. canned pumpkin puree
1/3 c. whole milk, raw
1 tsp. vanilla extract

Heat oven to 400°F. Line a baking sheet with parchment paper.

Whisk the dry items. Cut in the butter. Chill for 15 minutes. Whisk the wet items. Add to the flour mix. Knead briefly until the dough comes together. Shape into a 9” circle ¾” thick. Cut into 10 wedges and lay on the baking sheet.

Bake for 15-17 minutes or until a toothpick comes out clean.

Per Serving

Calories 190
Total Fat 7.2g

Saturated Fat 4g
Monounsaturated Fat 1.7g
Omega 3 0.02g
Omega 6 0.16g
Cholesterol 17mg
Total Carbohydrate 28g
Fiber 3.8g
Sugar 7.8g
Protein 4.6g

Vitamins

Vitamin A 244mcg
Vitamin B1 0.13mg
Vitamin B2 13.5mg
Vitamin B3 8.4mg
Vitamin B5 0.1mg
Vitamin B6 3.8mg
Vitamin B7 0.15mcg
Vitamin B9 3.3mcg
Vitamin B12 0.04mcg
Vitamin C 1mg
Vitamin D 0.3mcg
Vitamin E 0.4mg
Vitamin K 5mcg
Choline 4mg

Minerals

Calcium 43.6mg
Copper 0.15mg
Iodine 5.2mcg
Iron 1.4mg
Magnesium 42mg
Manganese 1mg
Phosphorus 102mg
Potassium 154mg
Selenium 6.3mcg
Sodium 99mg
Zinc 1mg

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Spring Fruit Salad

Makes 6 servings

1 Gold pineapple, peeled, chopped
4 Alfonso mangoes, peeled, chopped
1 lb. strawberries, hulled, chopped

Mix everything in a bowl and chill for 4 hours. Consume within 1 day as the enzyme, bromelain, in the pineapple will break down the cell walls of the mangoes and strawberries. You can add in any other fruits that you enjoy.

Per Serving

Calories 132
Total Carbohydrate 34g
Fiber 2.4g
Sugar 25g
Protein 1.9g

Vitamins

Vitamin A 35.47mcg
Vitamin B1 0.16mg
Vitamin B2 0.08mg
Vitamin B3 1.44mg
Vitamin B5 0.52mg
Vitamin B6 0.27mg
Vitamin B9 41.79mcg
Vitamin C 92.7mg
Vitamin E 0.71mg
Vitamin K 5.2mcg

Choline 17.9mg

Minerals

Calcium 39.86mg
Copper 0.24mg
Iodine 5.95mcg
Iron 0.82mg
Magnesium 35.37mg
Manganese 2.98mg
Phosphorus 40.87mg
Potassium 416.82mg
Selenium 0.63mcg
Sodium 3mg
Zinc 0.29mg

ORAC

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Sweet Potato Scones

Makes 10 servings

2 c. whole wheat flour
1 T. baking powder
Scone Spice Blend*
½ tsp. Real Salt
1/3 c. unsalted butter, cold, chopped
1/3 c. light brown sugar
1 c. mashed sweet potato
1/3 c. whole milk, raw
1 tsp. vanilla extract

Heat oven to 400°F. Line a baking sheet with parchment paper.

Whisk the dry items. Cut in the butter. Chill for 15 min. Whisk the wet items. Add to the flour mix. Knead briefly until the dough comes together. Shape into a 9” circle ¾” thick. Cut into 10 wedges and lay on the baking sheet.

Bake for 15-17 minutes or until a toothpick comes out clean.
*For the Scone Spice Blend, mix 2 tsp. ground cinnamon, ½ tsp. ground nutmeg, ½ tsp. ground ginger and ½ tsp. ground cloves.

Per Serving

Calories 200
Total Fat 7.2g
Saturated Fat 4g
Monounsaturated Fat 1.7g
Omega 3 0.02g
Omega 6 0.16g
Cholesterol 17mg
Total Carbohydrate 30g
Fiber 3.7g
Sugar 8.3g
Protein 4.7g

Vitamins

Vitamin A 246.5mcg
Vitamin B1 0.15mg
Vitamin B2 13.5mg
Vitamin B3 8.6mg
Vitamin B5 0.18mg
Vitamin B6 3.8mg
Vitamin B7 0.15mcg
Vitamin B9 1.5mcg
Vitamin B12 0.04mcg
Vitamin C 4mg

Vitamin D 0.3mcg
Vitamin E 0.3mg
Vitamin K 1.7mcg
Choline 4mg

Minerals

Calcium 44.8mg
Copper 0.15mg
Iodine 5.2mcg
Iron 1.2mg
Magnesium 42mg
Manganese 1mg
Phosphorus 104.5mg
Potassium 198mg
Selenium 6.3mcg
Sodium 105mg
Zinc 1mg

ORAC

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Tropical Thunder Smoothie

Makes 2 servings

1 c. mango nectar*
½ c. passionfruit juice
1 c. frozen mango
1 c. frozen pineapple
1 T. chopped ginger root
6 ice cubes

Blend all of the ingredients for 2-3 minutes. Pour into 4 chilled serving glasses. This can be served as a sorbet. If you don't finish your smoothie, you may also freeze the leftovers too.
*You can also use fresh squeezed orange juice.

Per Serving

Calories 170
Total Carbohydrate 42g
Fiber 2.6g
Sugar 36g
Protein 2g

Vitamins

Vitamin A 74mcg
Vitamin B1 0.18mg
Vitamin B2 0.16mg
Vitamin B3 2mg
Vitamin B5 0.24mg
Vitamin B6 0.24mg
Vitamin B9 87mcg
Vitamin C 142mg
Vitamin K 4mcg
Choline 20.6mg

Minerals

Calcium 34mg
Copper 0.26mg
Iodine 12mcg
Iron 0.74mg
Magnesium 41mg
Phosphorus 46mg
Potassium 624mg
Selenium 0.74mcg
Zinc 0.24mg

ORAC

2,624

Verry Berry Smoothie

Makes 2 servings

1 (3.5 oz.) pkg. Sambazon Acai pack
1 medium banana, sliced, frozen
1 c. frozen strawberries
½ c. frozen wild blueberries
16 fl. oz. coconut water

Dump everything in a blender and blend for 2 minutes.

Per Serving

Calories 192
Total Carbohydrate 43g
Fiber 5.6g
Sugar 27g
Protein 2g

Vitamins

Vitamin A 4mcg
Vitamin B1 0.11mg
Vitamin B2 0.07mg
Vitamin B3 0.95mg
Vitamin B5 0.27mg
Vitamin B6 0.24mg
Vitamin B7 2.32mcg
Vitamin B9 24mcg
Vitamin C 60mg
Vitamin E 0.32mg
Vitamin K 2mcg
Choline 10mg

Minerals

Calcium 47mg
Iodine 8mcg
Iron 1.16mg
Magnesium 41mg
Phosphorus 39mg
Potassium 761mg
Selenium 1mcg
Sodium 73mg
Zinc 0.47mg

ORAC

8,173

Wild Blueberry & Lemon Muffins

Makes 12 servings

3 c. + 2 T. all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. Real Salt
1 c. granulated sugar
1/2 c. canola oil
1 large egg
1 c. Greek yogurt
1 tsp. vanilla extract
1 1/2 c. frozen wild blueberries, thawed*
Zest of 1 Meyer lemon

Preheat oven to 400°F. Line a muffin pan with paper cups or grease with ghee.

In a large bowl sift together the flour, baking soda, baking powder, and salt. Set aside.
In another large bowl, whisk together the sugar, oil, egg, lemon zest, yogurt and vanilla. Add the dry ingredients, reserving 1 tablespoon of the dry ingredients and toss with the blueberries.

Stir mixture for only one minute, do not overmix otherwise your muffins will have large tunnels.
Add blueberries to mixture and stir briefly.

Using a #20 ice cream scoop, portion out the batter into the muffin pan. Sprinkle the
remaining 1/2 cup of berries on top of muffins and press down lightly. Bake for 23-25
minutes, rotating pan halfway through.
*You can also use fresh blueberries.

Remove from oven and turn out, upside down on a towel to cool completely. Store in an
airtight container for up to 3 days. You may also freeze them once they cool completely. My Grandma loved blueberry muffins. Whenever I went to visit her in Livonia, I always left with a big bag of blueberry muffins.

Per Serving

Calories 303
Total Fat 11g
Saturated Fat 1.4g
Monounsaturated Fat 6.4g
Omega 3 0.84g
Omega 6 1.8g
Cholesterol 19mg
Total Carbohydrate 45g
Fiber 1g
Protein 6.2g

Vitamins

Vitamin A 7.6mcg
Vitamin B1 0.31mg
Vitamin B2 0.23mg
Vitamin B3 2.3mg
Vitamin B5 0.14mg
Vitamin B6 0.04mg
Vitamin B7 0.32mcg
Vitamin B9 3.14mcg
Vitamin B12 0.22mcg
Vitamin E 1.68mg
Vitamin K 6.5mcg
Choline 15.8mg

Minerals

Calcium 35.2mg
Copper 0.05mg
Iodine 13.4mcg
Iron 2mg
Magnesium 13mg
Manganese 0.75mg
Phosphorus 77mg
Potassium 95mg
Selenium 8.7mcg
Sodium 175mg
Zinc 0.5mg

ORAC

1,694

Superb Sauces

Apple Cider Marinade
Makes 2 cups (8 servings)

4 c. apple cider
¼ c. apple cider vinegar
1 T. Dijon mustard
1 T. honey
1 tsp. ground black pepper
1 tsp. ground mustard
2 shallots, chopped
1 tsp. Real Salt
¼ c. extra virgin olive oil

Boil the cider down to 1 ½ cups. Cool completely.

Pour the cider into a food processor. Add the vinegar, Dijon, honey, black pepper, mustard, shallots and salt. Blend for 1 minute. Slowly add the oil to emulsify. Use this marinade for chicken breast (3-4 hours) or with pork tenderloin (4-6 hours).

Per Serving

Calories 90
Total Fat 6.6g
Saturated Fat 0.9g
Monounsaturated Fat 4.6g
Total Carbohydrate 7.7g
Sugar 6.5g

Minerals
Calcium 6.95mg
Iodine 7.5mcg
Manganese 0.07mg
Phosphorus 7.7mg
Potassium 63.76mg
Selenium 0.63mcg
Sodium 310mg

ORAC
234

BBQ Sauce

Makes 6 cups (48 servings)

¼ c. Worcestershire sauce
2 garlic cloves, smashed
½ c. unsulfured molasses
½ tsp. smoked paprika
2/3 c. light brown sugar
2 tsp. dry mustard powder
¼ c. apple cider vinegar
1/3 c. + 1 T. water
½ tsp. onion powder
½ tsp. ground cumin
3 cups Ketchup*

Bring all 11 ingredients to a boil. Simmer on low for 15 minutes.
* Find this recipe later in this chapter.

Per Serving

Calories 39
Total Carbohydrate 9.6g
Sugar 5.5g
Minerals
Calcium 11.29mg
Copper 0.03mg
Iron 0.33mg
Magnesium 10.78mg
Manganese 0.06mg
Phosphorus 5.95mg
Potassium 99.84mg
Selenium 0.65mcg
Sodium 154.54mg
ORAC
294

Biscoff Cookie Butter

Makes 8 servings

16 Biscoff cookies*
2 T. brown sugar, packed
1 c. evaporated milk
1 T. butter, unsalted, softened
1 tsp. lemon juice
½ t. ground cinnamon

Process the cookies and sugar with a food processor until they are finely ground. Add the milk and process for 1 minute. Add the butter, lemon juice and cinnamon. Process for 20 seconds. Chill for up to 1 week. Use this spread with pancakes, desserts, ice cream, etc.
*Find this recipe in the Just Desserts chapter.

Per Serving

Calories 139
Total Fat 6.3g
Saturated Fat 3.6g
Monounsaturated Fat 0.41g
Omega 3 0.01g
Omega 6 0.04g
Cholesterol 13mg
Total Carbohydrate 18g
Sugar 12g
Protein 3g
Vitamins
Vitamin A 12mcg
Minerals
Calcium 74mg
Potassium 122mg
Sodium 87mg
ORAC
215

Bourbon Maple Marinade

Makes ¾ cup (6 servings)

3 T. maple syrup
2 T. canola oil
2 T. bourbon
2 T. tamari
1 T. apple cider vinegar
1 T. ketchup
1 tsp. Dijon mustard
1 tsp. minced garlic
½ tsp. Worcestershire sauce
½ tsp. ground black pepper

Process everything in a food processor or a blender for 1 minute. Use this marinade for beef, bison, chicken or pork.

Per Serving

Calories 76
Total Fat 4.7g
Saturated Fat 0.3g
Monounsaturated Fat 2.9g
Omega 3 0.43g
Omega 6 0.87g
Total Carbohydrate 8g
Sugar 6g

Vitamins

Vitamin B2 0.14mg
Vitamin B3 0.29mg
Vitamin E 0.85mg
Vitamin K 3.7mcg
Choline 3mg

Minerals

Calcium 13.8mg
Magnesium 5.4mg
Manganese 0.35mg
Phosphorus 10mg
Potassium 50mg
Sodium 361mg
Zinc 0.19mg

ORAC

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Butter

Makes 6 oz. (12 servings)

1 pint heavy cream
½ tsp. Real Salt

Mix the cream and salt with a stand mixer using a paddle attachment. You can also use a blender or food processor. Beat at high speed for 2-3 minutes or until the cream breaks. Pour off the buttermilk; chill for up to 3 days.

Run your hands through cold water. Squeeze the butter together and knead in a bowl. Rinse the butter in cold water and squeeze. Repeat until the water runs clear and the butter doesn't release any more liquid. Chill for up to 1 week or freeze for up to 3 months.

Per Serving

Calories 129
Total Fat 14g
Saturated Fat 8.7g
Monounsaturated Fat 3.4g
Omega 3 0.06g
Omega 6 0.35g
Cholesterol 43mg
Total Carbohydrate 1g

Sugar 1g
Protein 1g

Vitamins

Vitamin A 155mcg
Vitamin B2 0.07mg
Vitamin B5 0.18mg
Vitamin B12 0.06mcg
Vitamin D 0.6mcg
Vitamin E 0.35mg
Vitamin K 1.2mcg
Choline 6.4mg

Minerals

Calcium 24.95mg
Iodine 2.5mcg
Magnesium 2.65mg
Phosphorus 21.92mg
Potassium 35.91mg
Selenium 1.13mcg
Sodium 98mg

Caesar Dressing

Makes ¾ cup (6 servings)

¼ c. grated Parmigiano Reggiano
3 anchovies
3 T. mayonnaise*
3 garlic cloves, peeled
2 T. lemon juice
1 T. Dijon mustard
1 tsp. Worcestershire sauce
½ tsp. ground black pepper
¼ tsp. Real Salt
½ c. extra virgin olive oil

Blend the first 9 ingredients in a blender. Slowly pour in the olive oil to emulsify the dressing. If it's too thick, you can thin it down with water. Chill for 2 hours and serve on the same day that you make it.

*You can substitute 3 large raw egg yolks.

Per Serving

Calories 231
Total Fat 24g
Saturated Fat 4g
Monounsaturated Fat 14.3g
Omega 3 0.4g
Omega 6 2.7g
Cholesterol 7.8mg
Total Carbohydrate 1.2g
Protein 2g

Vitamins

Vitamin B3 0.4mg
Vitamin B6 0.02mg
Vitamin C 2.6mg
Vitamin E 2.9mg
Vitamin K 22.5mcg
Choline 4.8mg

Minerals

Calcium 10mg
Iodine 2.5mcg
Iron 0.3mg
Manganese 0.05mg
Phosphorus 10mg
Potassium 33mg
Selenium 1.75mcg
Sodium 289mg

ORAC

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Carne Asada Marinade

Makes ¾ cup (6 servings)

¼ c. orange juice
2 T. lime juice
2 T. canola oil
1 tsp. minced garlic
2 jalapenos, roasted, peeled
1 tsp. dried oregano
½ tsp. ground cumin
½ tsp. Real Salt

Process everything in a food processor or a blender for 1 minute. Use this marinade for chicken, fish, shrimp, skirt steak, flank steak or sirloin steak.

Per Serving

Calories 50
Total Fat 4.8g
Saturated Fat 0.4g
Monounsaturated Fat 2.9g
Omega 3 0.43g
Omega 6 0.87g
Total Carbohydrate 2g
Sugar 1g

Vitamins

Vitamin B6 0.03mcg
Vitamin B9 5.3mcg
Vitamin C 12.3mg
Vitamin E 1mg
Vitamin K 5.2mcg

Minerals

Calcium 7.47mg
Iodine 5mcg
Magnesium 3mg
Phosphorus 5mg
Potassium 45.2mg
Sodium 177mg

ORAC

448

Cherry BBQ Sauce

Makes 4 cups (32 servings)

3 c. Ketchup*
½ c. dried cherries, unsweetened**
2 T. unsulfured molasses
2 T. light brown sugar
1 T. dry mustard
1 tsp. distilled white vinegar
1/2 tsp. smoked paprika
2 sprigs fresh thyme

Mix everything in a medium saucepan. Turn heat to low and cook for twenty minutes.
Discard the thyme and puree in a food processor.
This sauce works well with chicken, ribs and pork dishes. For a Spicy Cherry BBQ Sauce, add Adobo Sauce from canned Chipotle Chiles.

* Find this recipe later in this chapter.
**Cherries are really useful for promoting better sleep. They are full of phytochemicals, such as
melatonin. Polyphenols come in cherries too. Consume cherries to boost exercise recovery.

Per Serving

Calories 35
Total Carbohydrate 8.2g
Sugar 2.3g
Minerals
Calcium 5.92mg
Iron 0.18mg
Magnesium 6.18mg
Phosphorus 6.33mg
Potassium 72.76mg
Selenium 0.38mcg
Sodium 207.42mg
ORAC
257

Chipotle Ranch Dressing

Makes 1 cup (8 servings)

1 cup Ranch Dressing
1/3 cup Adobo Sauce*

Mix the Ranch Dressing and the Adobo Sauce. Chill for up to 1 week.
*You can find adobo sauce from canned Chipotle Chile peppers. Save the peppers and use the
adobo sauce for this recipe. You can adjust the spiciness by adding more if you crave the heat.

Per Serving

Calories 137
Total Fat 14g
Saturated Fat 2.1g
Monounsaturated Fat 2.7
Omega 3 0.98g
Omega 6 6.7g
Cholesterol 7.8mg
Total Carbohydrate 2.7g
Fiber 0.6g
Sugar 2g
Protein 0.7g
Vitamins
Vitamin A 4.5mcg
Vitamin B9 1.2mcg
Vitamin E 0.67mg
Vitamin K 40.3mcg
Choline 9.8g
Minerals
Calcium 8.4mg
Iodine 3.5mcg
Iron 0.32mg
Magnesium 1.5mg
Phosphorus 55.8mg
Potassium 19.2mg
Selenium 1.05mcg
Sodium 345.31mg

Chipotle Sauce

Makes 1 cup (8 servings)

1 c. regular sour cream
3 T. buttermilk
3 T. Adobo Sauce from canned chipotles
2 T. chopped cilantro
½ tsp. garlic powder
¼ tsp. Real Salt

Mix all six ingredients in a small bowl. Taste and adjust the spice level to suit your preference.
Chill for up to 1 week.

Per Serving

Calories 69
Total Fat 6.2g
Saturated Fat 3.2g
Monounsaturated Fat 1.4g
Cholesterol 18mg
Total Carbohydrate 2.5g
Fiber 0.5g
Sugar 1.7g
Protein 1.2g

Vitamins

Vitamin A 51.83mcg
Vitamin B2 0.06mg
Vitamin B9 4.38mcg
Vitamin B12 0.09mcg
Vitamin C 1.3mg
Vitamin D 0.07mcg
Vitamin E 0.2mg
Vitamin K 11.5mcg
Choline 7.2mg

Minerals

Calcium 39.4mg
Iodine 1.87mcg
Iron 0.23mg
Magnesium 4.64mg
Phosphorus 30.16mg
Potassium 66mg
Selenium 1.4mcg
Sodium 100mg
Zinc 0.15mg

ORAC

35

Chive Sauce

Makes 1 cup (8 servings)

8 oz. pkg. sour cream
3 T. water
3 T. minced chives
1 tsp. grated lemon zest, finely chopped
¼ tsp. Real Salt
½ tsp. black pepper

Mix everything and chill for at least 2 hours to mellow out the flavors. Serve with seafood!

Per Serving

Calories 60
Total Fat 5.8g
Saturated Fat 3g
Monounsaturated Fat 1.3g
Cholesterol 18mg
Total Carbohydrate 1.5g

Vitamins

Vitamin A 39.8mcg
Vitamin B2 0.05mg
Vitamin B12 0.06mcg
Vitamin E 0.11mg
Choline 5.8mg

Minerals

Calcium 31.5mg
Iodine 10.5mcg
Magnesium 3.7mg
Phosphorus 23.4mg
Potassium 41.6mg
Selenium 1.1mcg
Sodium 69.4mg

ORAC

44

Crème Anglaise

Makes 12 servings

12 large eggs, separated
1 qt. heavy whipping cream
2 vanilla beans, split and scraped
1 1/4 c. granulated sugar

Bring an inch of water to a boil in a medium saucepan. Whisk the eggs, cream, vanilla and sugar
in a large metal mixing bowl. Put the bowl on top and drop to a simmer on medium heat. Whisk
every few minutes until it reaches 168°F. This sauce should coat the back of a spoon.
Strain and discard the vanilla beans. Chill for at least 4 hours. Serve with desserts.

Per Serving

Calories 288
Total Fat 19g
Saturated Fat 11g
Monounsaturated Fat 5.4g
Omega 3 0.12g
Omega 6 1.17g
Cholesterol 231mg
Total Carbohydrate 22g
Sugar 22g
Protein 7.4g

Essential Amino Acids

Histidine 0.18g
Isoleucine 0.39g
Leucine 0.63g
Lysine 0.5g
Methionine 0.21g

Phenylalanine 0.39g
Threonine 0.32g
Tryptophan 0.1g
Valine 0.5g

Vitamins
Vitamin A 244mcg
Vitamin B1 0.02mg
Vitamin B2 0.3mg
Vitamin B3 0.06mg
Vitamin B5 0.96mg
Vitamin B6 0.09mg
Vitamin B9 25mcg
Vitamin B12 0.05mcg
Vitamin D 1.6mcg
Vitamin E 1mg
Vitamin K 1.5mcg
Choline 153.6mg

Minerals
Calcium 54.6mg
Copper 0.04mg
Iodine 39.3mcg
Iron 0.93mg
Magnesium 8.8mg
Phosphorus 122mg
Potassium 107mg
Selenium 16.6mcg
Sodium 82mg
Zinc 0.75mg

ORAC
827

Dulce de Leche Sauce

Makes 1 ½ cups (10 servings)

4 c. whole milk
1 ¼ c. granulated sugar
1 tsp. vanilla extract

Mix the milk and sugar together in a heavy saucepan on medium low heat. Bring to a simmer. Drop the heat and simmer at low heat for 1 ½ - 1 ¾ hours, stir occasionally. If you have a gas stove, turn the heat to the lowest setting. Keep in mind that gas stoves will cook food much faster than electric stoves so keep an eye on the sauce. Discard any foam on top. Stir more often after the first hour. Off heat, mix in the vanilla. You can also use vanilla bean paste instead of the vanilla extract. Often, I mix in cinnamon at the very end.

Chill for up to 1 month. Eat cold or warm up to drizzle over any of your favorite desserts. Another way to make this recipe is to take 2 cans of sweetened condensed milk and pour them into a square glass baking dish. Set this dish into a roasting pan. Pour in boiling water halfway up the side of the glass dish. Cover tightly with foil. Bake at 425°F for 1-2 hours or until the sauce is brown and takes on a deep caramel color.

Per Serving

Calories 156
Total Fat 3.2g
Saturated Fat 1.8g
Monounsaturated Fat 0.79g
Cholesterol 10mg
Total Carbohydrate 30g
Sugar 30g
Protein 3g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.15g
Leucine 0.29g
Lysine 0.25g
Methionine 0.08g
Phenylalanine 0.15g
Threonine 0.13g
Tryptophan 0.04g
Valine 0.20g

Vitamins

Vitamin A 44.9mcg
Vitamin B1 0.04mg
Vitamin B2 0.17mg
Vitamin B3 0.08mg
Vitamin B5 0.36mg
Vitamin B6 0.03mg
Vitamin B7 1.85mcg
Vitamin B9 4.88mcg
Vitamin B12 0.44mcg
Vitamin D 1.27mcg
Vitamin E 0.07mg
Vitamin K 1.30mcg
Choline 14mg

Minerals

Calcium 110.54mg
Iodine 7.60mcg
Iron 0.04mg
Magnesium 9.76mg
Phosphorus 81.98mg
Potassium 129.33mg
Selenium 3.76mcg
Sodium 42mg
Zinc 0.36mg

Easy Teriyaki Sauce

Makes 2 cups (16 servings)

1 c. reduced sodium tamari soy sauce
1 c. brown sugar, unpacked
2 T. rice wine vinegar
1 T. sesame oil
1 T. minced garlic
1 T. minced ginger

Blend all six ingredients and chill for a few hours.
Chill for up to 1 week or freeze for up to 3 months.

Per Serving

Calories 54
Total Fat 1g
Total Carbohydrate 10g
Sugar 9g
Protein 2g

Vitamins

Vitamin B2 0.02mg
Vitamin B3 0.73mg
Vitamin B5 0.08mg
Vitamin B6 0.05mg
Vitamin B9 3.4mcg
Choline 7.3mg

Minerals
Calcium 12mg
Copper 0.02mg
Iron 0.5mg
Magnesium 8mg
Manganese 0.1mg
Phosphorus 24.8mg
Potassium 54mg
Selenium 0.33mcg
Sodium 652mg
Zinc 0.1mg
ORAC
88

Green Chile Tequila Sauce

Makes 2 cups (16 servings)

2 (7 oz.) cans green chilies
1 T. mayonnaise
1 T. minced garlic
1 tsp. cayenne pepper
1 tsp. That Red Stuff seasoning
2 T. chopped scallions
1/3 c. honey
½ c. tequila*
½ tsp. Real Salt

Blend everything together until it's smooth. Chill for at least two hours to mellow out the flavors. Serve with shrimp cocktail.
*Guys keep your clothes on, save the bottle of tequila for the ladies!

Per Serving

Calories 53
Total Fat 1g
Saturated Fat 0.1g
Monounsaturated Fat 0.14g
Omega 3 0.05
Omega 6 0.34g
Vitamins
Vitamin K 3.1mcg
Minerals
Iodine 1.87mcg
Sodium 302.5mg
ORAC
91

Guacamole

Makes 4 servings

¼ c. red onions, finely chopped
Juice of 1 lime
½ tsp. Real Salt
2 T. cilantro, chopped
2 avocados, chopped

Mix the onions and lime juice. Chill for at least 2 hours.

Add salt, cilantro and avocado. Mix well. I like to serve this right away since guacamole is prone to oxidation. Lay a sheet of plastic wrap or parchment paper on top and press firmly to squeeze out any air pockets before storing.

Per Serving

Calories 128
Total Fat 11g
Saturated Fat 1.6g
Monounsaturated Fat 7.3g
Total Carbohydrate 8.5g
Fiber 5.4g
Protein 1.8g

Vitamins

Vitamin A 22mcg
Vitamin B1 0.06mg
Vitamin B2 0.11mg
Vitamin B3 1.4mg
Vitamin B6 0.2mg
Vitamin B7 2mcg
Vitamin B9 66mcg
Vitamin C 12.7mg
Vitamin E 1.7mg
Vitamin K 27mcg
Choline 12.5mg

Minerals

Calcium 15.5mg
Copper 0.15mg
Iodine 7.5mcg
Iron 0.52mg
Magnesium 24.8mg
Phosphorus 45.8mg
Potassium 414mg
Selenium 0.4mcg
Sodium 282.5mg
Zinc 0.54mg

ORAC

1,886

Honey Mustard

Makes 3/4 cup (12 servings)

½ c. spicy brown mustard
½ c. orange blossom honey
¼ tsp. ground cinnamon
¼ tsp. ground turmeric
¼ tsp. ground black pepper

Mix everything in a small bowl. Chill overnight to mellow out the flavors. Serve with chicken or with sandwiches.

Per Serving

Calories 54
Total Carbohydrate 12g
Sugar 12g

Minerals

Potassium 9.5mg
Sodium 125mg

ORAC

245

Horseradish Coleslaw Dressing

Makes 2 cups (12 servings)

1 ½ c. mayonnaise
¾ c. apple cider vinegar
2 T. Dijon mustard
2 T. honey
2 T. prepared horseradish
1 T. sriracha (Chinese chili garlic sauce)
1 T. dried celery seed
1 T. That Red Stuff seasoning

Puree everything with a food processor. Mix with shredded cabbage, carrots and scallions
for coleslaw. Chill at least 4 hours before serving.

Per Serving

Calories 205
Total Fat 21g
Saturated Fat 3.2g
Monounsaturated Fat 4.7g
Omega 3 1.47g
Omega 6 10.75g
Cholesterol 12mg
Total Carbohydrate 4g
Sugar 3g

Vitamins

Vitamin A 6.5mcg
Vitamin B9 3mcg
Vitamin C 1mg
Vitamin E 1mg
Vitamin K 45mcg
Choline 9.8mg

Minerals

Calcium 13.6mg
Iron 0.35mg
Magnesium 3.6mg
Phosphorus 10.4mg
Potassium 37mg
Sodium 278mg

ORAC

231

Horseradish Cream Sauce

Makes 1 cup (8 servings)

1 c. sour cream
1 T. heavy cream
1 T. minced chives
2 T. prepared horseradish
½ tsp. Real Salt
½ tsp. ground black pepper

Whisk everything in a small bowl. Chill for at least 2 hours to mellow out the flavors.
This was a simple recipe that I learned in culinary school. Serve with beef!

Per Serving

Calories 68
Total Fat 6.5g
Saturated Fat 3.5g
Monounsaturated Fat 1.5g
Cholesterol 20mg
Total Carbohydrate 2g
Protein 1g

Vitamins

Vitamin A 45.7mcg
Vitamin B2 0.05mg

Vitamin B9 4.4mcg
Vitamin B12 0.06mcg
Vitamin C 1.4mg
Vitamin E 0.13mg
Vitamin K 1.6mcg
Choline 6.3mg

Minerals

Calcium 34.6mg
Iodine 12.87mcg
Magnesium 4.5mg
Phosphorus 25.5mg
Potassium 51.6mg
Selenium 1.28mcg
Sodium 145mg

ORAC

59

Hummus

Makes 2 cups (8 servings)

1 (16 oz.) can chickpeas, drained
1/3 c. fresh Meyer lemon juice
¼ c tahini (sesame seed paste)
2 T. extra virgin olive oil
2 T. chopped garlic*
½ tsp. ground cumin
½ tsp. Real Salt

Blitz all seven ingredients in a food processor until the mixture is smooth. Feel free to get creative here. Add more cumin, tahini, garlic, etc. Chill for 2 hours to mellow out the flavors. This will last for 3 days. Before serving, top with a little extra virgin olive oil.

*Use chopped garlic from a jar since it has been cooked. You can use raw garlic but make sure that you consume the hummus within 1 day.

Per Serving

Calories 155
Total Fat 8.7g
Saturated Fat 1.2g
Monounsaturated Fat 4.1g
Total Carbohydrate 16g
Fiber 5g
Protein 6.3g

Essential Amino Acids

Histidine 0.11g
Isoleucine 0.17g
Leucine 0.28g
Lysine 0.27g
Methionine 0.05g
Phenylalanine 0.21g
Threonine 0.15g
Tryptophan 0.04g
Valine 0.17g

Vitamins

Vitamin B1 0.11mg
Vitamin B2 0.04mg
Vitamin B3 0.5mg
Vitamin B6 0.09mg
Vitamin B9 32.6mcg
Vitamin C 4.4mg
Vitamin K 2mcg
Choline 2.7mg

Minerals
Calcium 60mg
Copper 0.26mg
Iodine 3.75mcg
Iron 1.3mg
Magnesium 22mg
Manganese 0.47mg
Phosphorus 103mg
Potassium 109mg
Selenium 4.5mcg
Sodium 249mg
Zinc 0.71mg
ORAC
266

Ketchup

Makes 6 cups (48 servings)

2 T. olive oil
½ large yellow onion, finely chopped
3 garlic cloves, finely chopped
1 T. paprika
1 T. chili powder
2 tsp. Real Salt
1 ¼ tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground cumin
½ tsp. ground mustard
¼ tsp. ground black pepper
3 (28 oz.) cans whole tomatoes, drained, crushed
⅓ c. honey
⅓ c. light brown sugar
¼ c. apple cider vinegar
¼ c. white distilled vinegar

Heat the oil in a large saucepot on medium heat. Cook the onions for 5 minutes. Add the garlic and cook for 2 minutes. Add the spices and cook for one minute to wake up the aromatic elements. Add the tomatoes.

Cover and simmer on low for 25 minutes. Puree in a food processor or with an immersion blender. Put the sauce back on low heat. Stir in the honey, vinegar and brown sugar.
Stir and cook on low heat uncovered for 30 minutes. Be extremely careful with this sauce.
Do not turn up the heat at this stage; it will splatter all over your stove so keep an eye on it.
Cool completely, chill and use within 2 weeks.

Per Serving

Calories 36
Total Fat 1g
Total Carbohydrate 7g
Fiber 1g
Sugar 5.5g
Vitamins
Vitamin A 11.4mcg
Vitamin B1 0.03mg

Vitamin B2 0.03mg
Vitamin B3 0.64mg
Vitamin B5 0.14mg
Vitamin B6 0.08mg
Vitamin B9 6.6mcg
Vitamin C 4.8mg
Vitamin E 1mg
Vitamin K 3.2mcg
Choline 6.7mg

Minerals

Calcium 21.6mg
Copper 0.09mg
Iodine 2.5mcg
Iron 0.73mg
Magnesium 11mg
Manganese 0.13mg
Phosphorus 18mg
Potassium 158mg
Sodium 177mg

ORAC

619

Mango BBQ Sauce

Makes 20 servings

1 T. organic canola oil
1 large yellow onion, minced
1 T. ginger, minced
1 T. garlic, minced
½ tsp. chili powder
28 oz. Italian strained tomatoes
¼ c. unsulfured molasses
3 T. honey
2 T. apple cider vinegar
1 T. ground mustard
1 T. lemon juice
1 T. adobo sauce*
1 ½ tsp. Real Salt
½ tsp. ground black pepper
8 c. mangoes, chopped**

Heat the oil in a large saucepan on medium high heat. Sauté the onions, ginger, garlic and chili powder for 4 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat to medium low and simmer for 25 minutes.

Puree the sauce with a handheld immersion blender for a smoother sauce. Chill for at least 4 hours to mellow the flavors. Pour the sauce into a tall squeeze bottle for serving. Chill and use within 5 days.

*You can find this inside the can of canned chipotles.

*Use fresh or frozen mangoes.

Per Serving

Calories 83
Total Fat 1.2g
Saturated Fat 0.1g
Monounsaturated Fat 0.62g
Omega 3 0.06g
Omega 6 0.13g
Total Carbohydrate 19g
Fiber 2g
Sugar 16g
Protein 1.2g

Essential Amino Acids
Histidine 0.02g
Isoleucine 0.03g
Leucine 0.05g
Lysine 0.06g
Methionine 0.01g
Phenylalanine 0.03g
Threonine 0.04g
Tryptophan 0.01g
Valine 0.04g

Vitamins
Vitamin A 45.4mcg
Vitamin B1 0.03mg
Vitamin B2 0.05mg
Vitamin B3 0.90mg
Vitamin B5 0.30mg
Vitamin B6 0.15mg
Vitamin B7 1.85mcg
Vitamin B9 32.74mcg
Vitamin C 27.8mg
Vitamin E 1.33mg
Vitamin K 4.6mcg
Choline 10.2mg

Minerals
Calcium 24.93mg
Copper 0.14mg
Iodine 4.5mcg
Iron 0.78mg
Magnesium 25mg
Manganese 0.18mg
Phosphorus 27.58mg
Potassium 314.39mg
Selenium 2.15mcg
Sodium 168mg
Zinc 0.21mg

ORAC
1,442

Mango Salsa

Makes 6 servings

1 red onion, chopped
Juice of 1 lime
½ c. cilantro, chopped
1 jalapeno, chopped
½ c. red bell pepper, chopped
3 c. mangoes*, chopped

Mix the onions with lime juice. Chill for at least 2 hours.
Add the cilantro, jalapeno, bell pepper and mango. Use within 2 days.
*Use 3 ripe Mangoes or thaw out Dole Chef-Ready Frozen Mangoes. You may also use chopped pineapple or chopped peaches instead of mangoes.

Per Serving

Calories 69
Total Carbohydrate 17g
Sugar 12g
Protein 1.2g

Vitamins
Vitamin A 63mcg
Vitamin B1 0.03mg
Vitamin B2 0.04mg

Vitamin B3 0.68mg
Vitamin B5 0.20mg
Vitamin B6 0.13mg
Vitamin B9 41mcg
Vitamin C 48mg
Vitamin E 1mg
Vitamin K 8.4mcg
Choline 7.5mg

Minerals

Calcium 17mg
Copper 0.11mg
Iron 0.28mg
Magnesium 14mg
Manganese 0.10mg
Phosphorus 29mg
Potassium 240mg
Zinc 0.17mg

ORAC

1,784

Marinara Sauce

Makes 1 quart (8 servings)

2 T. olive oil
½ c. yellow onions, finely chopped
1 T. garlic, finely chopped
1 bay leaf
2 (28 oz.) cans whole tomatoes, crushed*
¼ c. tomato paste
1 T. dried basil
1 T. dried oregano
1 T. dried thyme
1 tsp. Real Salt

Heat a medium saucepan on medium heat. Cook the onions and garlic in oil for 3 minutes.
Add the remaining ingredients. Bring to a simmer, reduce to medium low and simmer uncovered
for 25 minutes. Discard the bay leaf. Taste and adjust the seasoning.

For Meat Sauce, cook off 1 lb. Italian sausage or ground beef.
Drain and add to the sauce after cooking the onions and garlic.
*I prefer to use San Marzano tomatoes from Italy since they do not use calcium chloride.

Per Serving

Calories 87
Total Fat 4g
Saturated Fat 0.6g
Monounsaturated Fat 2.5g
Total Carbohydrate 13g
Fiber 4g
Sugar 7g
Protein 2.8g

Vitamins

Vitamin A 45mcg
Vitamin B1 0.05mg
Vitamin B2 0.14mg
Vitamin B3 2mg
Vitamin B5 0.63mg

Vitamin B6 0.22mg
Vitamin B9 22.7mcg
Vitamin C 15mg
Vitamin E 3.5mg
Vitamin K 30mcg
Choline 20mg

Minerals

Calcium 64.7mg
Copper 0.24mg
Iodine 7.5mcg
Iron 3.4mg
Magnesium 37.8mg
Manganese 0.38mg
Phosphorus 62mg
Potassium 637mg
Selenium 1.4mcg
Sodium 23mg
Zinc 0.56mg

ORAC

3,841

Meyer Lemon Marinade

Makes 6 servings

1 Meyer lemon
1/3 c. extra virgin olive oil
2 garlic cloves
2 T. raw honey
½ tsp. Real Salt
½ tsp. ground black pepper
1 T. dried thyme
½ c. Dijon mustard

Zest and juice the lemon; pour into a food processor. Add the remaining ingredients. Blend for 1 minute. Use this marinade for chicken (1- 4 hours), fish, scallops or shrimp (marinate seafood for up to 30 minutes). I created this recipe when I worked at the Food Network in 2009. It started as a simple salad dressing and it soon took on a life of its own as a tasty marinade.

Per Serving

Calories 140
Total Fat 11g
Saturated Fat 1.6g
Monounsaturated Fat 7.81g
Total Carbohydrate 7.1g
Sugar 6g

Vitamins

Vitamin B6 0.02mg
Vitamin B9 3mcg
Vitamin C 3.6mg
Vitamin K 8mcg

Minerals

Calcium 12mg
Iodine 5mcg
Iron 0.64mg
Magnesium 2.19mg
Manganese 0.08mg
Phosphorus 3.65mg
Potassium 22.1mg
Selenium 0.24mcg
Sodium 637.18mg
Zinc 0.06mg

ORAC 1,058

Mr. Smokey's Salsa

Makes 8 servings

1 yellow onion, finely chopped
Juice of 1 lime
1 (28 oz.) can whole Italian tomatoes
1 (14.5 oz.) can fire roasted tomatoes
1 chipotle chile in adobo sauce, chopped
½ bunch cilantro, finely chopped
½ tsp. ground cumin
1 garlic clove, minced
½ tsp. Real Salt

Soak the diced onions in lime juice for 2 hours. Drain and mix all ingredients in a bowl.

Per Serving

Calories 41
Total Carbohydrate 9g
Fiber 2.4g
Sugar 4g
Protein 1.7g

Vitamins

Vitamin A 28.7mcg
Vitamin B1 0.02mg
Vitamin B2 0.06mg
Vitamin B3 1mg
Vitamin B5 0.32mg
Vitamin B6 0.10mg
Vitamin B9 10.7mcg
Vitamin C 12mg
Vitamin E 1.5mg
Vitamin K 9mcg

Choline 10.5mg

Minerals

Calcium 35.6mg
Copper 0.12mg
Iodine 3.75mcg
Iron 1.2mg
Magnesium 18mg
Manganese 0.15mg
Phosphorus 35.8mg
Potassium 400mg
Sodium 182mg
Zinc 0.3mg

ORAC

5,254

Mustard

Makes 1 ¼ cups (10 servings)

¼ c. mustard seeds
¼ c. ground mustard, Colman's
1 tsp. brown sugar
1 tsp. Real Salt
1 tsp. ground turmeric
¼ tsp. smoked paprika

¼ tsp. granulated garlic
½ c. pickle juice
¼ c. water
½ c. apple cider vinegar

Grind the mustard seeds in a spice grinder for 1 minute. Pour every ingredient into a medium saucepan. Bring to a simmer. Off heat, puree with a handheld immersion blender for 2 minutes.
Pour into a glass jar to cool. Cover and chill for up to 1 month. Chill for 3 days to mellow out the flavors before consuming.

Per Serving

Calories 30
Total Fat 1.8g
Saturated Fat 0.1g
Monounsaturated Fat 1.13g
Total Carbohydrate 2.4g
Fiber 0.7g
Sugar 0.7g
Protein 1.4g

Vitamins

Vitamin B1 0.04mg
Vitamin B3 0.25mg
Vitamin B5 0.04mg
Vitamin B6 0.02mg
Vitamin B9 8.3mcg
Vitamin E 0.29mg
Choline 6.4mg

Minerals

Calcium 14.36mg
Copper 0.03mg
Iodine 6mcg
Iron 0.64mg
Magnesium 19.48mg
Manganese 0.18mg
Phosphorus 43.19mg
Potassium 56.66mg
Selenium 10.56mcg
Sodium 304.95mg
Zinc 0.32mg

ORAC

1,990

Parmesan Garlic Sauce

Makes 1 ¼ cups (10 servings)

1 c. mayonnaise
3 T. Parmesan cheese, grated
3 T. water
1 T. garlic, minced*
1 T. buttermilk
1 tsp. distilled white vinegar
1 tsp. dried thyme, crushed
1 tsp. dried oregano, crushed
1 tsp. dried basil, crushed
½ tsp. Real Salt

Puree everything with a food processor. Chill for at least two hours. Serve with sandwiches or vegetables. Use within 2 days.
*You can substitute 1 tsp. granulated garlic.

Per Serving

Calories 159
Total Fat 17g
Saturated Fat 3g
Monounsaturated Fat 3.8g
Cholesterol 11mg
Total Carbohydrate 1g

Vitamins

Vitamin A 9.19mcg
Vitamin E 0.77mg
Vitamin K 39.5mcg

Minerals

Calcium 23.12mg
Iodine 3mcg
Sodium 170mg

ORAC

660

Pineapple Mango Chutney

Makes 3 cups (6 servings)

1 c. mango nectar
1 ½ tsp. minced fresh ginger
8 baby stalks lemongrass, bottom 1” pieces crushed and wrapped in cheesecloth
1 (12 oz.) bag frozen mangoes, thawed
1 (16 oz.) bag frozen pineapple, thawed
2 T. orange blossom honey

Bring all of the ingredients to a boil. Cook on medium high heat for 15 minutes. Toss the lemongrass and puree. Serve with Indian dishes or use as a dip.

Per Serving

Calories 113
Total Carbohydrate 29g
Fiber 2g
Sugar 26g
Protein 1g

Vitamins

Vitamin A 46mcg
Vitamin B1 0.07mg
Vitamin B2 0.05mg
Vitamin B3 0.80mg
Vitamin B6 0.16mg
Vitamin B9 40.8mcg
Vitamin C 62mg
Vitamin E 0.61mg
Vitamin K 3.2mg
Choline 9mg

Minerals

Calcium 23mg
Copper 0.15mg
Iron 0.50mg
Magnesium 16mg
Phosphorus 15mg
Potassium 192mg
Zinc 0.17mg

ORAC

1,118

Ranch Dressing

Makes 1 ½ cups (10 servings)

1 c. mayonnaise
⅓ c. + 1 T. buttermilk
2 T. scallions, finely chopped
1 T. parsley, finely chopped
1 tsp. granulated garlic
½ tsp. white distilled vinegar
½ tsp. ground black pepper
¼ tsp. Real Salt

Mix and chill for at least 2 hours. Serve with salads, pizza or chicken. Use within 3 days.

Per Serving

Calories 155
Total Fat 17g
Saturated Fat 2.7g
Monounsaturated Fat 3.7g
Omega 3 1.17g
Omega 6 8.6g
Cholesterol 10mg
Total Carbohydrate 1g

Vitamins

Vitamin A 9.5mcg
Vitamin B9 2.8mcg
Vitamin B12 0.07mcg
Vitamin C 1mg
Vitamin D 0.14mcg
Vitamin E 0.74mg
Vitamin K 45mcg
Choline 9mg

Minerals

Calcium 13mg
Iodine 3mcg
Phosphorus 12mg
Potassium 22mg
Sodium 196mg
Zinc 0.06mg

ORAC

66

Raspberry Cocktail Sauce

Makes 2 cups (8 servings)

⅔ c. chili sauce
⅔ c. ketchup
¼ c. seedless raspberry preserves
2 T. prepared horseradish
1 T. Worcestershire sauce
¼ tsp. Tabasco sauce
Juice of 1 Meyer lemon
½ tsp. Real Salt
½ tsp. ground black pepper

Mix everything in a small bowl. Chill for at least 2 hours to mellow out the flavors. Serve with shrimp.

Per Serving

Calories 72
Total Carbohydrate 18g
Fiber 1g
Sugar 15g

Vitamins

Vitamin A 13mcg

Vitamin B2 0.05mg
Vitamin B3 0.69mg
Vitamin B6 0.07mg
Vitamin B9 7mcg
Vitamin C 8mg
Vitamin E 0.75mg
Vitamin K 2mcg
Choline 6mg

Minerals

Calcium 13mg
Copper 0.05mg
Iodine 3.75mcg
Iron 0.40mg
Magnesium 7mg
Phosphorus 20mg
Potassium 174mg
Selenium 0.52mcg
Sodium 331mg

ORAC

265

Remoulade

Makes 2 ¼ cups (16 servings)

2 c. mayonnaise
2 T. ketchup
2 T. spicy brown mustard
1 T. chopped parsley
1 T. minced fresh garlic
1 T. cayenne pepper
1 T. Meyer lemon juice
2 tsp. prepared horseradish
1 tsp. Worcestershire sauce
1 tsp. celery salt
1 tsp. paprika
1 chipotle in adobo, chopped*

Process everything in a blender or food processor until it's smooth, thin down with water if necessary. Chill for at least two hours to mellow out the flavors. Serve with crab cakes or shrimp.
*Be sure to wear gloves. Do not touch your face!

Per Serving

Calories 194
Total Fat 21g
Saturated Fat 3.2g
Monounsaturated Fat 4.6g
Omega 3 1.47g
Omega 6 10.75g
Cholesterol 12mg
Total Carbohydrate 1g
Sugar 1g

Vitamins

Vitamin A 16mcg
Vitamin B9 3mcg
Vitamin C 1.5mg
Vitamin E 1mg
Vitamin K 49mcg
Choline 10mg

Minerals

Calcium 5mg
Iodine 0.93mcg
Phosphorus 9mg
Potassium 28mg
Sodium 284mg

ORAC

136

Roasted Red Pepper Jam

Makes 8 servings

6 large roasted red peppers
3 T. honey
2 T. apple cider vinegar
2 T. olive oil
1 T. Thai chile sauce
1 ½ tsp. cumin seeds
2 tsp. ginger, peeled, grated

Finely chop 2 of the peppers. Blend the other 4 peppers with the remaining ingredients. Pour all of the peppers into a large skillet. Bring to a simmer. Drop heat to medium low for a gentle simmer. Stir and simmer for 40 minutes. Chill for up to 1 week.

Per Serving

Calories 78
Total Fat 2.1g
Saturated Fat 0.3g
Monounsaturated Fat 1.2g
Total Carbohydrate 15g
Fiber 2.7g
Sugar 13g
Protein 1.3g

Vitamins

Vitamin A 193.36mcg
Vitamin B1 0.06mg
Vitamin B2 0.10mg
Vitamin B3 1.23mg
Vitamin B5 0.39mg
Vitamin B6 0.36mg
Vitamin B9 56.84mg
Vitamin C 157mg
Vitamin E 2.19mg
Vitamin K 7mcg
Choline 7.3mg

Minerals

Calcium 12.85mg
Copper 0.02mg
Iron 0.83mg
Magnesium 16.57mg
Manganese 0.15mg
Phosphorus 34.43mg
Potassium 275.5mg
Sodium 16mg
Zinc 0.35mg

ORAC

1,456

Rum Caramel Sauce

Makes 2 ½ cups (10 servings)

½ lb. unsalted butter
1 ½ c. heavy cream
2 c. brown sugar, unpacked
1 vanilla bean, split
1 cinnamon stick, crushed*
¼ c. Myer's rum

Melt the butter on low heat in a medium saucepan. Off heat, whisk in the sugar and cream. Reduce down on medium heat to the desired consistency. Add the rum and leave for five minutes off heat. This sauce should coat the back of a spoon. Strain out the vanilla bean and cinnamon stick. Use this sauce within one week. *You can also use 1 tsp ground cinnamon.

Per Serving

Calories 407
Total Fat 32g
Saturated Fat 20g
Monounsaturated Fat 3.25g
Omega 3 0.05g
Omega 6 0.33g
Cholesterol 89mg
Total Carbohydrate 30g
Sugar 29g

Vitamins

Vitamin A 147mcg
Vitamin B2 0.06mg
Vitamin B9 1.7mcg
Vitamin B12 0.06mcg
Vitamin D 0.57mcg
Vitamin E 0.34mg
Vitamin K 1.2mcg
Choline 6.7mg

Minerals

Calcium 50mg
Iodine 9.6mcg
Magnesium 5mg
Phosphorus 22mg
Potassium 73mg
Selenium 1.4mcg
Sodium 18mg

ORAC

397

Smoked Chicken Dip

Makes 8 servings

2 lbs. smoked chicken breasts, finely chopped
1 (5.3 oz.) pkg. Boursin cheese
1 T. garlic, minced
1 T. shallots, minced
1 c. smoked gouda cheese, shredded
1 c. smoked cheddar cheese, shredded
½ tsp. smoked paprika
2 T. chives, minced

Mix the first 7 ingredients in a large bowl. Chill for 4 hours.

Heat oven to 375°F. Dump the chicken mixture into a greased oven safe pan. Bake for 12-15 minutes or until the dip is heated through. Garnish with chives. Low carb and high protein!

Per Serving

Calories 358
Total Fat 19g

Saturated Fat 10g
Monounsaturated Fat 3.8g
Omega 3 0.07g
Omega 6 0.12g
Cholesterol 148mg
Total Carbohydrate 2.3g
Protein 43g

Essential Amino Acids

Histidine 1.3g
Isoleucine 2.2g
Leucine 3.2g
Lysine 3.5g
Methionine 1.1g
Phenylalanine 1.7g
Threonine 1.7g
Tryptophan 0.5g
Valine 2.2g

Vitamins

Vitamin A 83mcg
Vitamin B1 0.09mg
Vitamin B2 0.24mg
Vitamin B3 15.6mg
Vitamin B5 1.2mg
Vitamin B6 0.72mg
Vitamin B7 0.20mg
Vitamin B9 12.66mcg
Vitamin B12 0.77mcg
Vitamin D 0.27mcg
Vitamin E 0.48mg
Vitamin K 3.9mcg
Choline 101.6mg

Minerals

Calcium 237mg
Copper 0.07mg
Iodine 29.87mcg
Iron 1.3mg
Magnesium 41.93mg
Manganese 0.05mg
Phosphorus 403.7mg
Potassium 332mg
Selenium 37.58mcg
Sodium 404mg
Zinc 2.23mg

ORAC

101

Sub Sandwich Dressing

Makes 6 servings

1/3 c. extra virgin olive oil
2 T. red wine vinegar
2 garlic cloves
1 tsp. honey
1 tsp. Dijon mustard
¼ tsp. Real Salt
¼ tsp. ground black pepper

Blend everything in a small food processor. Spread on sub sandwiches and enjoy!

Per Serving

Calories 107
Total Fat 12g
Saturated Fat 1.7g
Monounsaturated Fat 8.3g
Total Carbohydrate 1.4g
Sugar 1g

Minerals

Iodine 3.75mcg

Sodium 100mg

ORAC
163

Spicy Soy Sauce

Makes 2 ½ cups (20 servings)

2 c. water
2 c. low-sodium soy sauce
½ c. rice wine vinegar, unseasoned
½ c. pickled ginger juice
2 T. cayenne pepper
1 T. cornstarch + 1 T. water

Reduce the first five items down slightly in a medium saucepan. Once it comes to a full boil, whisk in the cornstarch slurry. Bring back to a full boil and reduce down to the desired consistency. Cool and serve with eggrolls or pot stickers.

Per Serving

Calories 16
Total Carbohydrate 1.7g
Protein 2.4g

Vitamins
Vitamin A 11mcg
Vitamin B2 0.06mg
Vitamin B3 0.33mg
Vitamin B6 0.05mg
Vitamin B9 11.8mcg
Vitamin E 0.26mg
Choline 8mg

Minerals
Calcium 9mg
Iron 0.38mg
Magnesium 18.6mg
Phosphorus 44mg
Potassium 100mg
Sodium 919mg
Zinc 0.21mg

ORAC
105

Taco Simmer Sauce

Makes 2 cups (8 servings)

2 c. canned tomato sauce
1 T. ground cumin
1 T. chili powder
1 T. smoked paprika
1 T. granulated garlic
1 T. onion powder
1 ½ tsp. Real Salt

Blend all of the ingredients in a small food processor. Add the simmer sauce to 2 lbs. cooked ground beef. Simmer on medium heat for 5 minutes.

Per Serving

Calories 29
Total Carbohydrate 5g
Fiber 2g

Vitamins

Vitamin A 49mcg
Vitamin B1 0.02mg
Vitamin B2 0.06mg
Vitamin B3 0.81mg
Vitamin B5 0.22mg
Vitamin B6 0.11mg
Vitamin B9 6.2mcg
Vitamin C 4.7mg
Vitamin E 1.5mg
Vitamin K 3.5mcg

Choline 7.5mg

Minerals

Copper 0.09mg
Iodine 11.25mcg
Iron 1mg
Magnesium 12.7mg
Phosphorus 24mg
Potassium 228mg
Sodium 398mg
Zinc 0.22mg

ORAC

1,329

Tangy Tangerine Teriyaki Sauce

Makes 1 ¼ cups (10 servings)

¾ c. tangerine juice
½ c. low-sodium tamari soy sauce
⅓ c. orange blossom honey
1 T. chopped scallions
2 tsp. grated tangerine zest
1 tsp. chopped garlic
1 tsp. chopped ginger
1 Saigon cinnamon stick, crushed

Mix everything in a medium saucepan. Bring to a full boil. Reduce heat and cook for 8-10 minutes. Strain and chill for at least 2 hours. Serve with egg rolls, chicken or steak.

Per Serving

Calories 57
Total Carbohydrate 12g
Sugar 11g

Vitamins

Vitamin B9 6mcg
Vitamin C 9.6mg

Minerals

Calcium 6mg
Iron 1.34mg
Magnesium 3mg
Phosphorus 4.5mg
Potassium 48mg
Sodium 605mg

ORAC

594

Thai Chile & Ginger Vinaigrette

Makes 2 ¾ cups (20 servings)

2 c. canola oil
½ c. rice wine vinegar, unseasoned
¼ c. Thai chile sauce
2 T. minced ginger
2 T. minced chives
2 tsp. minced lemongrass
2 tsp. toasted sesame oil

Process everything in a blender or food processor until it's emulsified. Adjust the acidity or amount of sesame oil to taste. Chill for at least 2 hours. Serve with coleslaw or salads.

Per Serving

Calories 200
Total Fat 22g
Saturated Fat 1.7g
Monounsaturated Fat 13.9g
Omega 3 2g
Omega 6 4g
Total Carbohydrate 1g
Sugar 1g

Vitamins
Vitamin E 3.8mg
Vitamin K 16mcg
Minerals
Potassium 6mg
Sodium 66mg
ORAC
96

Thai Mango Sauce

Makes 2 cups (16 servings)

2 T. canola oil
2 c. frozen mango chunks
1 T. ground cumin
1 T. honey
T. Thai chile sauce
1 T. cider vinegar
1 T. minced ginger
1 ½ tsp. ground cinnamon

Heat the oil in a large skillet on medium heat. Add the mango and heat briefly just to thaw it out.
Process everything in a blender until it's smooth. Thin the sauce down with water if necessary. Chill for at least 2 hours. Serve with eggrolls, chicken and appetizers.

Per Serving

Calories 36
Total Fat 2g
Saturated Fat 0.2g
Monounsaturated Fat 1.2g
Omega 3 0.16g
Omega 6 0.33g
Total Carbohydrate 5g
Fiber 0.6g
Sugar 4.3g

Vitamins

Vitamin A 13mcg
Vitamin B9 8mcg
Vitamin C 7mg
Vitamin E 0.5mg
Vitamin K 2mcg

Minerals

Calcium 11mg
Iron 0.37mg
Magnesium 4mg
Manganese 0.10mg
Phosphorus 5mg
Potassium 46mg
Sodium 83mg

ORAC

1,155

Thai Peanut Sauce

Makes 1 cup (4 servings)

½ c. unsalted peanut butter
1/3 c. water
3 T. lime juice
2 T. low-sodium soy sauce
2 T. brown sugar
2 T. cilantro, chopped
1 T. Thai chile sauce
½ tsp. smoked paprika

Mix everything together and serve with Chicken Satay.

Per Serving

Calories 223
Total Fat 17g
Saturated Fat 3.3g
Monounsaturated Fat 8.37g
Omega 3 0.01g
Omega 6 3.94g
Total Carbohydrate 13g
Fiber 1.8g
Sugar 8g
Protein 8.2g

Essential Amino Acids

Histidine 0.18g
Isoleucine 0.20g
Leucine 0.50g
Lysine 0.22g
Methionine 0.08g
Phenylalanine 0.39g
Threonine 0.17g
Tryptophan 0.07g
Valine 0.25g

Vitamins

Vitamin A 9mcg
Vitamin B1 0.05mg
Vitamin B2 0.09mg
Vitamin B3 4.40mg
Vitamin B5 0.39mg
Vitamin B6 0.17mg
Vitamin B7 3.20mcg
Vitamin B9 34.37mcg
Vitamin C 3.40mg

Vitamin E 3.08mg
Vitamin K 2mcg
Choline 24.5mg

Minerals

Calcium 25.29mg
Copper 0.15mg
Iron 0.81mg
Magnesium 63.51mg
Manganese 0.54mg
Phosphorus 128.70mg
Potassium 245.70mg
Selenium 1.45mcg
Sodium 421mg
Zinc 0.91mg

ORAC

1,295

Turkish Chicken Marinade

Makes 3 ½ cups (30 servings)

3 c. extra virgin olive oil
¼ c. parsley, chopped
¼ c. lemon juice
2 T. honey
1 T. Real Salt
1 tsp. cayenne pepper
1 tsp. ground white pepper
1 tsp. ground turmeric
1 tsp. ground cumin
1 tsp. curry powder
1 tsp. paprika
1 tsp. garlic powder
1 tsp. onion powder

Mix all of the ingredients in a bowl. Add chicken and chill for 2-24 hours. You can blend the ingredients together, but you may stain your blender due to the turmeric!

Per Serving

Calories 198
Total Fat 22g
Saturated Fat 3g
Monounsaturated Fat 15.7g
Total Carbohydrate 1.7g

Vitamins

Vitamin A 5mcg
Vitamin C 1.5mg
Vitamin E 3mg
Vitamin K 21mcg

Minerals

Iodine 6mcg
Iron 0.3mg
Sodium 193mg

ORAC

371

Tzatziki Sauce

Makes 4 servings

1 c. Greek yogurt
Juice of ½ lemon
2 tsp. dried dill
1 tsp. granulated garlic

1 tsp. dried oregano
¼ tsp. Real Salt
½ c. cucumbers, chopped

Mix everything in a bowl. Chill overnight. Serve with Lamb Gyros.

Per Serving

Calories 73
Total Fat 3.6g
Saturated Fat 1.7g
Monounsaturated Fat 1.5g
Cholesterol 9.2mg
Total Carbohydrate 4g
Fiber 0.3g
Sugar 3.1g
Protein 6.6g

Vitamins

Vitamin A 3.92mcg
Vitamin B2 0.2mg
Vitamin B3 0.2mg
Vitamin B5 0.2mg
Vitamin B9 5.5mcg
Vitamin B12 0.5mcg
Vitamin C 0.6mg
Vitamin K 4.9mcg
Choline 11.6mg

Minerals

Calcium 89mg
Iodine 31.25mcg
Iron 0.4mg
Magnesium 13mg
Phosphorus 102mg
Potassium 141.2mg
Selenium 6.9mcg
Sodium 163.7mg
Zinc 0.4mg

ORAC

842

Wild Berry Sauce

Makes 1 ½ cups (10 servings)

2 c. frozen wild berries, thawed*
½ c. granulated sugar
3 T. raspberry schnapps
1 tsp. dried thyme
Pinch of red chili flakes

Mix the berries, sugar and schnapps. Chill for at least 2 hours. Pour into a large skillet and bring to a boil. Add the thyme. Boil for 2 minutes or until the sauce can coat the back of a spoon. Strain and add the chili flakes. This sauce is fantastic with salmon.
*Frozen wild berries consists of strawberries, blueberries, raspberries and blackberries.

Per Serving

Calories 54
Total Carbohydrate 14g
Fiber 1g
Sugar 12g

Vitamins
Vitamin B9 6mcg
Vitamin C 5mg
Vitamin E 0.21mg
Vitamin K 4.7mcg

Minerals
Calcium 7mg
Iron 0.31mg
Magnesium 4mg
Manganese 0.15mg
Phosphorus 6mg
Potassium 40mg

ORAC
1,660

Wild Blueberry Jam
Makes 2 ½ cups (8 servings)

1 lb. wild blueberries*
¾ c. honey
Juice and zest of 1 Meyer lemon

Bring everything to a boil in a small saucepan on medium high heat. Stir and cook for 15-18 minutes. Chill for up to 2 weeks.
*You can also use black raspberries, boysenberries or strawberries.

Per Serving

Calories 130
Total Carbohydrate 34g
Fiber 2.6g
Sugar 26g

Vitamins
Vitamin B3 0.38mg
Vitamin C 3.5mg

Minerals
Calcium 11.91mg
Iron 0.46mg
Magnesium 4.97mg
Manganese 1.65mg
Phosphorus 9.12mg
Potassium 61.27mg
Zinc 0.45mg

ORAC
5,610

BIG, THICK & JUICY SANDWICHES

Asian Pulled Pork
Makes 22 servings (6 c. sauce and 11 c. pulled pork)

¼ c. Worcestershire sauce
2 garlic cloves, smashed
½ c. unsulfured molasses
½ tsp. smoked paprika

2/3 c. light brown sugar
2 tsp. ground mustard powder
¼ c. apple cider vinegar
1/3 c. water
½ tsp. onion powder
½ tsp. ground cumin
24 oz. Ketchup

7 ½ lb. Boston Butt pork shoulder
2/3 c. That Red Stuff, divided
3 oz. Hawaiian ginger, peeled, sliced
2 stalks lemongrass, smashed
Zest of ½ orange

Bring the first 11 ingredients to a boil. Simmer on low for 15 min. Puree. Cool completely.

Cut ½" slits all along the pork and insert the ginger. Pop the pork in a large bowl. Pour 1/3 c. of That Red Stuff seasoning onto the pork. With gloves, massage the rub in. (If not, your hands will turn red!) Cover and chill for at least 2 hours.

Grease the inside of a large crockpot with coconut oil. Add the pork, lemongrass and orange zest. Mix 3 c. BBQ sauce with 2 c. water. Pour the sauce mixture over the pork. Cover and cook on low heat for 8 hours. Drain off the juice and wipe the crockpot clean. Add more coconut oil to grease up the sides. This will aid in cleanup later. Shred the pork and return it to the pot. Add 1/3 c. That Red Stuff seasoning and BBQ sauce to taste.

Cover and cook on low for 2 hours. Serve with Naan bread, buns or any bread that you prefer.

Per Serving

Calories 316
Total Fat 15g
Saturated Fat 5.8g
Monounsaturated Fat 7.2g
Omega 3 0.06g
Omega 6 1.4g
Cholesterol 116mg
Total Carbohydrate 11g
Sugar 10g
Protein 31g

Essential Amino Acids

Histidine 1.33g
Isoleucine 1.5g
Leucine 2.6g
Lysine 2.8g
Methionine 0.8g
Phenylalanine 1.3g
Threonine 1.3g
Tryptophan 0.3g
Valine 1.6g

Vitamins

Vitamin B1 0.61mg
Vitamin B2 0.45mg
Vitamin B3 4.7mg
Vitamin B5 1.6mg
Vitamin B6 0.6mg
Vitamin B7 5.11mcg
Vitamin B9 1mcg
Vitamin B12 1mcg
Vitamin C 1mg
Vitamin D 1.3mcg
Vitamin E 0.15mg
Choline 128mg

Minerals

Calcium 53mg
Copper 0.22mg
Iodine 12.27mcg

Iron 2.76mg
Magnesium 50mg
Manganese 0.15mg
Phosphorus 260mg
Potassium 531mg
Selenium 54mcg
Sodium 112mg
Zinc 6mg
ORAC
700

Big Beef Boss Burrito

Makes 1 serving

10” flour tortilla*
2 T. Mexican cheese, shredded
6 oz. ground beef
2 T. red onion, finely chopped
2 T. red bell pepper, finely chopped
2 T. jalapenos, finely chopped
2 T. cooked bacon, chopped**
½ tsp. chili powder
½ tsp. smoked paprika
¼ tsp. ground cumin
2 T. Ranch Dressing
2 tsp. adobo sauce from canned chipotles

Heat a griddle pan and a medium skillet on medium heat. Brown off the beef in the skillet until it is browned and cooked through. Add the onions and peppers. Cook for 2 min. Meanwhile add the cheese to the tortilla in the griddle pan. Add the bacon to the beef and heat through for 1 min. Season with chili powder, smoked paprika and cumin. In a small bowl, mix the Ranch Dressing with the adobo sauce. Pour over the tortilla and add the Chipotle Ranch. Enjoy!

Note: You may add lettuce, however the residual heat from the beef can wilt the lettuce.

*Buy your flour tortillas from Whole Foods or buy corn tortillas. Conventional flour tortillas are always made with hydrogenated shortening which is loaded with TRANS FAT. Food companies that make products with 0.5g or less per serving of trans fat can legally lie and say that their products have 0g of trans fat. Buyer beware unless you want a heart attack.

**Go with nitrate-free bacon.

Per Serving

Calories 812
Total Fat 52g
Saturated Fat 14g
Monounsaturated Fat 12g
Omega 3 1.3g
Omega 6 8.4g
Cholesterol 109mg
Total Carbohydrate 42g
Fiber 4.4g
Protein 41g

Essential Amino Acids

Histidine 0.32g
Isoleucine 0.5g
Leucine 0.86g

Lysine 0.62g
Methionine 0.24g
Phenylalanine 0.51g
Threonine 0.38g
Tryptophan 0.14g
Valine 0.55g

Vitamins

Vitamin A 112mcg
Vitamin B1 0.46mg
Vitamin B2 0.54mg
Vitamin B3 10.6mg
Vitamin B5 1.4mg
Vitamin B6 0.7mg
Vitamin B7 4.2mcg
Vitamin B9 130mcg
Vitamin B12 3mcg
Vitamin C 33mg
Vitamin E 2.7mg
Vitamin K 52mg
Choline 116mg

Minerals

Calcium 240mg
Copper 0.21mg
Iodine 76mcg
Iron 6.6mg
Magnesium 62mg
Manganese 0.52mg
Phosphorus 583mg
Potassium 809mg
Selenium 40mcg
Sodium 1,145mg
Zinc 7.8mg

ORAC

1,461

Brunch Burritos

Makes 6 servings

10 large eggs
1 T. butter, unsalted
6 oz. ham, diced*
1 c. potatoes, roasted
2 c. pepper jack cheese, shredded
1 T. dried chives
6 flour tortillas**

Scramble the eggs in a large skillet with butter. Once they are cooked, mix in the ham and potatoes. Heat up your panini press. Sprinkle cheese and chives on all 6 tortillas. Add the egg mixture on top. Roll them into burritos.

Place the burritos seam side down into the hot pan. Brown and both sides. Cut each burrito in half and serve hot!

*Go with nitrate-free ham.

** Buy the tortillas from Whole Foods since they do not contain trans-fat.

Per Serving

Calories 558
Total Fat 34g
Saturated Fat 15g
Monounsaturated Fat 13g
Omega 3 0.06g
Omega 6 0.06g
Cholesterol 341mg
Total Carbohydrate 33g
Fiber 1.6g
Protein 28g

Essential Amino Acids

Histidine 0.5g

Isoleucine 0.85g
Leucine 1.46g
Lysine 1.17g
Methionine 0.5g
Phenylalanine 0.9g
Threonine 0.74g
Tryptophan 0.22g
Valine 1g

Vitamins

Vitamin A 268mcg
Vitamin B1 0.5mg
Vitamin B2 0.65mg
Vitamin B3 3.7mg
Vitamin B5 1.43mg
Vitamin B6 0.33mg
Vitamin B7 16.6mcg
Vitamin B9 138mcg
Vitamin B12 1.35mcg
Vitamin C 3.6mg
Vitamin D 2.26mcg
Vitamin E 1.83mg
Vitamin K 7.8mg
Choline 257mg

Minerals

Calcium 421mg
Copper 0.2mg
Iodine 106mcg
Iron 3.56mg
Magnesium 42mg
Manganese 0.28mg
Phosphorus 500mg
Potassium 432mg
Selenium 45mcg
Sodium 1,133mg
Zinc 3.11mg

ORAC

25

Bulgogi Sliders

Makes 6 servings

½ c. tamari (Japanese soy sauce)
3 T. brown sugar
1 oz. ginger, peeled
6 garlic cloves
1/2 lemongrass stalk, crushed
2 T. scallions, thinly sliced
¼ c. rice wine vinegar, unseasoned
1 tsp. toasted sesame oil
3 lbs. rib eye steak, thinly sliced

Puree the marinade in a blender until it's smooth. Chill and marinate the steak for at least 2 hrs. Drain and pat dry. Stir fry on medium high heat for 3-5 min. Keep in mind small slices of steak cook fast! Serve on brioche slider buns and Thai Chile slaw (mix shredded cabbage, scallions and carrots with Thai Chile Ginger Vinaigrette).

Per Serving

Calories 397
Total Fat 22g
Saturated Fat 8.4g
Monounsaturated Fat 10g
Omega 3 0.03g
Omega 6 0.64g
Cholesterol 121mg
Total Carbohydrate 11g
Sugar 4g
Protein 39g

Essential Amino Acids

Histidine 1.4g
Isoleucine 1.9g
Leucine 3.4g

Lysine 3.8g
Methionine 1g
Phenylalanine 1.6g
Threonine 1.8g
Tryptophan 0.4g
Valine 2g

Vitamins

Vitamin A 5mcg
Vitamin B1 0.17mg
Vitamin B2 0.45mg
Vitamin B3 7.4mg
Vitamin B5 0.10mg
Vitamin B6 0.82mg
Vitamin B7 8.25mcg
Vitamin B9 11mcg
Vitamin B12 6mcg
Vitamin C 1.5mg
Vitamin D 0.19mcg
Vitamin K 7mcg
Choline 9.6mg

Minerals

Calcium 26mg
Copper 0.32mg
Iodine 30mcg
Iron 5.6mg
Magnesium 56.5mg
Manganese 0.16mg
Phosphorus 428.5mg
Potassium 758mg
Selenium 49mcg
Sodium 1,224mg
Zinc 15mg

ORAC

900

Cheeseburger Wrap

Makes 1 serving

6 oz. ground beef
1 tsp. bacon fat
10” flour tortilla
2 T. smoked cheddar cheese, shredded
2 T. yellow onions, finely chopped
1 T. tomatoes, finely chopped
1 T. pickles, finely chopped
Ketchup, optional
Mustard, optional

Heat a medium skillet on medium high heat. Add the bacon fat, onions and the ground sirloin. Brown off until there is no pink. Season and keep warm. Heat a griddle pan on medium heat. Add the tortilla and cheese. Sit there patiently until it melts. Transfer the tortilla to a cutting board. Add the beef mixture, tomatoes, pickles, ketchup and mustard in that order. Roll and go laugh at Ronald.

Per Serving

Calories 601
Total Fat 33g
Saturated Fat 14g
Monounsaturated Fat 11.3g
Omega 3 0.15g
Omega 6 0.38g
Cholesterol 106mg
Total Carbohydrate 37g
Fiber 3g
Protein 37g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.18g
Leucine 0.28g
Lysine 0.15g
Methionine 0.08g
Phenylalanine 0.16g
Threonine 0.16g

Tryptophan 0.08g
Valine 0.21g

Vitamins

Vitamin A 60mcg
Vitamin B1 0.45mg
Vitamin B2 0.5mg
Vitamin B3 10mg
Vitamin B5 0.9mg
Vitamin B6 0.57mg
Vitamin B7 9.2mcg
Vitamin B9 129mcg
Vitamin B12 2.9mcg
Vitamin C 4.7mg
Vitamin D 0.19mcg
Vitamin E 1mg
Vitamin K 36.6mcg

Choline 107mg

Minerals

Calcium 238mg
Copper 0.18mg
Iodine 85mcg
Iron 5.6mg
Magnesium 51mg
Manganese 0.05mg
Phosphorus 468mg
Potassium 593mg
Selenium 40mcg
Sodium 832mg
Zinc 7.4mg

ORAC

223

Chicken Bacon Ranch Wrap

Makes 1 serving

1 tsp. ghee
2 T. yellow onion, finely chopped
1 T. cooked bacon, finely chopped*
2 T. rotisserie chicken, finely chopped
1 T. Ranch Dressing**
2 T. smoked cheddar cheese, shredded
10” flour tortilla

Heat a griddle pan on medium heat. Sauté the onions and bacon for 2-3 minutes in a small skillet on medium high heat until the onions are translucent. Meanwhile add the cheese to the tortilla in the griddle pan.

Add the chicken to the sautéed mix. Heat for 1 minute. Pour the chicken mixture over the tortilla and add the Parmesan Garlic sauce. Roll up like a burrito, cut and serve. You can also heat briefly with a panini press.

*Go with nitrate-free bacon.

**You use different sauces such as BBQ sauce or Parmesan Garlic Sauce.

Per Serving

Calories 614
Total Fat 41g
Saturated Fat 13g
Monounsaturated Fat 10.3g
Omega 3 0.05g
Omega 6 0.7g
Cholesterol 91mg

Total Carbohydrate 38g
Fiber 2.8g
Protein 22g

Essential Amino Acids

Histidine 0.26g
Isoleucine 0.4g
Leucine 0.66g

Lysine 0.55g
Methionine 0.18g
Phenylalanine 0.34g
Threonine 0.34g
Tryptophan 0.12g
Valine 0.46g

Vitamins

Vitamin A 61mcg
Vitamin B1 0.42mg
Vitamin B2 0.36mg
Vitamin B3 6.17mg
Vitamin B5 0.2mg
Vitamin B6 0.14mg
Vitamin B7 1.2mcg
Vitamin B9 112mcg
Vitamin B12 0.44mcg
Vitamin C 1mg
Vitamin E 1mg
Vitamin K 45.6mcg
Choline 44mg

Minerals

Calcium 233mg
Copper 0.12mg
Iodine 62mcg
Iron 3.3mg
Magnesium 30.8mg
Manganese 0.03mg
Phosphorus 346.8mg
Potassium 274.6mg
Selenium 36mcg
Sodium 1,176mg
Zinc 2mg

ORAC

948

Chicken Quesadillas

Makes 6 servings

3 T. That Red Stuff seasoning
1 T. ground cumin
2 c. cooked chicken, chopped*
8 tsp. ghee
6 (10”) flour tortillas
2 c. Monterey Jack cheese, shredded

Mix That Red Stuff and cumin in a medium bowl. Add the chicken and mix (wear gloves).

Heat oven to 300°F. Line a baking sheet with parchment. In a large skillet or griddle pan, heat on medium heat. Add 1 tsp. ghee. Once the pan is hot, add the tortilla, cheese and chicken. Fold over and brown on both sides. DO NOT BURN!

Once each quesadilla is cooked, toss them in the oven to keep warm. Add 1 tsp. ghee to the pan and cook the remaining quesadillas. Serve with Mango Salsa.

*Just cheat and use rotisserie chicken!

Per Serving

Calories 506
Total Fat 27g

Saturated Fat 14g
Monounsaturated Fat 6.4g
Cholesterol 88mg
Total Carbohydrate 36g
Fiber 2.6g
Protein 28g

Essential Amino Acids

Histidine 0.7g
Isoleucine 1.3g
Leucine 1.9g
Lysine 1.8g
Methionine 0.6g
Phenylalanine 1g
Threonine 0.8g
Tryptophan 0.27g
Valine 1.3g

Vitamins

Vitamin A 93mcg
Vitamin B1 0.39mg
Vitamin B2 0.44mg
Vitamin B3 6.9mg
Vitamin B5 0.54mg
Vitamin B6 0.27mg
Vitamin B9 116mcg
Vitamin B12 0.51mcg
Vitamin D 0.26mcg
Vitamin E 0.14mg
Vitamin K 6.3mcg
Choline 12.6mcg

Minerals

Calcium 446.8mg
Copper 0.12mg
Iodine 59mcg
Iron 4.12mg
Magnesium 41mg
Manganese 0.04mg
Phosphorus 436mg
Potassium 249mg
Selenium 33.7mcg
Sodium 823mg
Zinc 2.4mg

ORAC

1,330

Chipotle Lime Chicken Quesadillas

Makes 6 servings

1 c. fresh lime juice
1 tsp. adobo sauce*
½ tsp. smoked paprika
1 T. honey
1 tsp. garlic powder
½ tsp. ground cumin
2 T. extra virgin olive oil
½ tsp. Real Salt
6 boneless skinless chicken breasts

Puree the first 8 items in a blender. Pour the marinade into a bowl and add the chicken. Chill and marinate overnight. Leave the chicken out at room temperature for 30 minutes. Heat oven to 375°F and line a baking sheet with parchment paper. Drain off and discard the marinade. Roast the chicken off until it is 165°F.

Do not overcook! Rest for 10 minutes, then slice against the grain. Note: You may butterfly the chicken to cook it faster. Without cutting your hand

off, use a sharp boning knife and cut the chicken horizontally. Use the tip of the knife to open up the chicken like a book.

For each quesadilla:
⅓ c. Chipotle Lime chicken, cooked, cooled and chopped
10” flour tortilla
3 T. Mexican cheese, shredded

Heat a griddle pan on medium high heat. Add 1 T. ghee. Add the tortilla, cheese and chicken. Fold over and press firm to form the quesadilla. Cook on both sides until the quesadilla is golden brown. Cut and serve at once.
*You can find this sauce inside the cans of chipotle chiles.

Per Serving

Calories 733
Total Fat 32g
Saturated Fat 13g
Monounsaturated Fat 10.2g
Omega 3 0.12g
Omega 6 0.32g
Cholesterol 191mg
Total Carbohydrate 41g
Fiber 2.8g
Sugar 6g
Protein 68g

Essential Amino Acids

Histidine 1.8g
Isoleucine 3.2g
Leucine 4.7g
Lysine 4.9g
Methionine 1.6g
Phenylalanine 2.5g
Threonine 2.6g
Tryptophan 0.8g
Valine 3.1g

Vitamins

Vitamin A 142mcg
Vitamin B1 0.5mg
Vitamin B2 0.56mg
Vitamin B3 26.7mg
Vitamin B5 1.8mg
Vitamin B6 1mg
Vitamin B7 0.53mcg
Vitamin B9 124mcg
Vitamin B12 1mcg
Vitamin C 2.2mg
Vitamin D 0.4mcg
Vitamin E 0.8mg
Vitamin K 10mcg
Choline 159.4mg

Minerals

Calcium 400.5mg
Copper 0.16mg
Iodine 73mcg
Iron 4.7mg
Magnesium 77.7mg
Manganese 0.05mg
Phosphorus 714.5mg
Potassium 581.8mg
Selenium 74.2mcg
Sodium 1,076mg
Zinc 3.5mg

ORAC

245

Detroit Cheesesteaks

Makes 4 servings

1 large onion, sliced
1 red bell pepper, sliced
2 T. ghee, divided
4 ribeye steaks, chopped
2 T. That Red Stuff seasoning
4 sub rolls, split
4 slices smoked Gouda cheese

Heat oven to 350°F. Heat 1 T. ghee in a large skillet on medium heat. Cook the onions and peppers until the vegetables are tender. Set aside.

Heat 1 T. ghee on medium high heat. Add the steak. Cook and stir for 2-3 minutes. Chop the steak into smaller pieces.

Lay the buns on a baking sheet. Bake for 5 minutes. Pull out the buns and top with steak, onions, peppers and cheese. Bake for 3 minutes to melt the cheese.

Per Serving

Calories 631
Total Fat 27g
Saturated Fat 13g
Monounsaturated Fat 8.4g
Omega 3 0.02g
Omega 6 0.22g
Cholesterol 143mg
Total Carbohydrate 49g
Fiber 3.5g
Sugar 8g
Protein 50g

Essential Amino Acids

Histidine 1.7g
Isoleucine 2.1g
Leucine 3.9g
Lysine 4.3g
Methionine 1.2g
Phenylalanine 1.8g
Threonine 2g
Tryptophan 0.5g
Valine 2.3g

Vitamins

Vitamin A 166mcg
Vitamin B1 0.58mg
Vitamin B2 0.84mg
Vitamin B3 9.8mg
Vitamin B5 0.14mg
Vitamin B6 0.79mg
Vitamin B7 3.25mcg
Vitamin B9 185mcg
Vitamin B12 4.3mcg
Vitamin C 51mg
Vitamin D 0.25mcg
Vitamin E 1mg
Vitamin K 5.3mcg
Choline 23mg

Minerals

Calcium 398mg
Copper 0.31mg
Iodine 13.2mcg
Iron 7.2mg
Magnesium 70mg
Manganese 0.05mg
Phosphorus 547mg
Potassium 707mg
Selenium 65mcg
Sodium 1,224mg
Zinc 14.5mg

ORAC

585

French Chicken Salad

Makes 6 servings

1 c. Hellman's mayo
¼ c. Dijon mustard
½ c. celery, finely chopped
½ tsp. garlic powder
3 T. scallions, thinly sliced
½ tsp. Real Salt
½ tsp. ground black pepper
6 c. rotisserie chicken, cooled and chopped

Mix the first seven ingredients together. Adjust the seasoning to your taste. Fold in the chicken. Chill for at least 4 hours. Serve with croissants.

Per Serving

Calories 464
Total Fat 32g
Saturated Fat 5.5g
Monounsaturated Fat 8.2g
Omega 3 1.95g
Omega 6 14.3g
Cholesterol 136mg
Total Carbohydrate 1g
Protein 40g

Essential Amino Acids

Histidine 1.45g
Isoleucine 1.75g
Leucine 3.3g
Lysine 3.9g
Methionine 1.2g
Phenylalanine 1.6g
Threonine 1g
Tryptophan 0.4g
Valine 1.8g

Vitamins

Vitamin A 16mcg
Vitamin B1 0.12mg
Vitamin B2 0.19mg
Vitamin B3 13.5mg
Vitamin B5 0.10mg
Vitamin B6 0.45mg
Vitamin B9 18mcg
Vitamin B12 0.42mcg
Vitamin C 1mg
Vitamin E 1.7mg
Vitamin K 68.7mcg
Choline 97mg

Minerals

Calcium 27.5mg
Copper 0.07mg
Iodine 26mcg
Iron 0.81mg
Magnesium 37mg
Manganese 0.04mg
Phosphorus 356.6mg
Potassium 440mg
Selenium 33.3mcg
Sodium 1,089mg
Zinc 1.3mg

ORAC

120

Irish Burritos

Makes 4 servings

1 lb. corned beef hash
8 large eggs
½ lb. gouda cheese, shredded
4 (10") flour tortillas*

Scramble the eggs in a large skillet. Once they are cooked through, set them aside. Cook the hash on medium heat for 10 minutes or until the hash is cooked through.

In a large griddle pan, heat 1 T. ghee on medium heat. Lay the tortillas on a table. Add cheese, eggs and hash. Roll them into burritos. Place the burritos seam side down into the hot pan. Brown and both sides. Cut each burrito in half and serve hot!
* Buy the tortillas from Whole Foods since they do not contain trans-fat.

Per Serving

Calories 787
Total Fat 41g
Saturated Fat 17g
Monounsaturated Fat 15.4g
Omega 3 0.06g
Omega 6 0.02g
Cholesterol 407mg
Total Carbohydrate 64g
Fiber 5g
Protein 38g

Essential Amino Acids

Histidine 0.7g
Isoleucine 1.3g
Leucine 2.2g
Lysine 2.1g
Methionine 0.7g
Phenylalanine 1.3g
Threonine 1g
Tryptophan 0.3g
Valine 1.6g

Vitamins

Vitamin A 243mcg
Vitamin B1 0.65mg
Vitamin B2 0.90mg
Vitamin B3 6.4mg
Vitamin B5 2mg
Vitamin B6 0.5mg
Vitamin B7 20mcg
Vitamin B9 212mcg
Vitamin B12 1.8mcg
Vitamin C 1mg
Vitamin D 2.3mcg
Vitamin E 1.5mg
Vitamin K 15.4mcg
Choline 300mg

Minerals

Calcium 452mg
Copper 0.19mg
Iodine 139mcg
Iron 6.5mg
Magnesium 59mg
Manganese 0.12mg
Phosphorus 633mg
Potassium 520mg
Selenium 64mcg
Sodium 1,413mg
Zinc 4.5mg

ORAC

16

Italian Beef Panini

Makes 8 servings

4 1/2 lbs. beef chuck roast
1 tsp. Real Salt
½ tsp. black pepper
1 yellow onion, chopped
4 carrots, chopped
4 celery ribs, chopped
8 garlic cloves, crushed
1 bunch fresh thyme
28 oz. can whole tomatoes, crushed

¼ tsp each: ground allspice, ground cinnamon and ground cloves
2 bay leaves
1 ½ c. Shiraz red wine
½ c. low sodium beef stock
8 ciabatta rolls
2 c. shredded mozzarella

Season the beef with salt and pepper. Sear off in a cast iron Dutch oven with olive oil on medium high heat. Once they are browned, lay them into your 5 quart crockpot. Sauté the onions for 6 minutes. Add the carrots, celery, garlic and thyme. Sauté for 2 minutes. Add spices and bay leaves. Raise heat to high and deglaze with the wine. Cook down for 5 minutes. Add the stock and tomatoes, bring to a boil. Pour over the beef, cover and cook on low for 8-9 hours.

Chop the beef into pieces and set aside. Heat a griddle pan on medium heat. Add 1 T. ghee. Slice open the ciabatta bread. Add the mozzarella, tomatoes from the crockpot and the beef. Brown the sandwich on both sides.

Per Serving

Calories 797
Total Fat 25g
Saturated Fat 10g
Monounsaturated Fat 8.5g
Cholesterol 226mg
Total Carbohydrate 55g
Fiber 2g
Sugar 4g
Protein 84g

Essential Amino Acids

Histidine 2.3g
Isoleucine 3.4g
Leucine 5.9g
Lysine 6g
Methionine 1.9g
Phenylalanine 3g
Threonine 3g
Tryptophan 0.6g
Valine 3.8g

Vitamins

Vitamin A 61mcg
Vitamin B1 0.22mg
Vitamin B2 0.61mg
Vitamin B3 14.5mg
Vitamin B5 1.6mg
Vitamin B6 0.83mg
Vitamin B9 37.7mcg
Vitamin B12 5.9mcg
Vitamin C 10.7mg
Vitamin D 0.11mcg
Vitamin E 2.2mg
Vitamin K 11.6mcg
Choline 276mg

Minerals

Calcium 271mg
Copper 0.44mg
Iodine 47mcg
Iron 10.25mg
Magnesium 72.7mg
Manganese 0.32mg
Phosphorus 550mg
Potassium 885.5mg
Selenium 72.7mcg
Sodium 1,327mg
Zinc 17mg

ORAC

1,523

Kathi Gyros

Makes 4 servings

1 lb. ground lamb
1 ½ tsp. Real Salt
1 T. granulated garlic
8 Stonefire Garlic Naan bread
¼ c. Tzatziki Sauce

Mix the lamb, salt and garlic in a bowl. Chill overnight.

Shape the lamb into 2 long patties. Cook on medium heat in a large skillet until both sides are browned. Transfer the lamb patties onto a cutting board. Slice into small pieces. Pour the lamb pieces back into the skillet. Turn heat to medium high. Briefly cook the lamb until the meat is cooked through. Serve the lamb with naan bread and tzatziki sauce. You can easily double this recipe for Greek parties.

Unfortunately, my grandma Kathi passed away before I could make her this recipe. She was the best grandma ever. She was Greek, short and she didn't give a damn about your feelings. She told it like it was and I will always remember her. This recipe is dedicated to Kathi.

Per Serving

Calories 502
Total Fat 24g
Saturated Fat 9.6g
Monounsaturated Fat 8.6g
Cholesterol 92mg
Total Carbohydrate 37g
Fiber 2.5g
Sugar 5g
Protein 33g

Essential Amino Acids

Histidine 0.6g
Isoleucine 1g
Leucine 1.6g
Lysine 1.8g
Methionine 0.5g
Phenylalanine 0.8g
Threonine 0.9g
Tryptophan 0.2g
Valine 1.1g

Vitamins

Vitamin A 3.92mcg
Vitamin B1 0.1mg
Vitamin B2 0.4mg
Vitamin B3 5.9mg
Vitamin B5 0.8mg
Vitamin B6 0.2mg
Vitamin B9 22.7mcg
Vitamin B12 2.7mcg
Vitamin C 0.6mg
Vitamin E 0.2mg
Vitamin K 9.4mcg
Choline 92.6mg

Minerals

Calcium 135.4mg
Copper 0.1mg
Iodine 50mcg

Iron 4.1mg
Magnesium 35.1mg
Manganese 0.1mg
Phosphorus 282.7mg
Potassium 520mg
Selenium 31mcg
Sodium 1,381mg
Zinc 4.4mg
ORAC
842

Mozzarella Meatball Subs

Makes 6 servings

1 ½ tsp. granulated garlic
1 ½ tsp. each: dried basil, dried thyme and dried oregano
1 ½ lbs. Italian sausage
1 ½ lbs. ground beef*
1 lb. fresh mozzarella, chopped
1 T. bacon fat
6 whole wheat sub rolls
1 c. marinara sauce

Mix the garlic, herbs, sausage and beef in a bowl. Portion out into 12 meatballs. Make a small indentation in each one and add the mozzarella. Shape into meatballs. Chill overnight.

Heat oven to 375°F. Line a large baking sheet with parchment paper. Heat a large skillet on medium high heat. Add 1 T. bacon fat. Brown off the meatballs in batches. Bake the meatballs for 25-30 minutes or until they are 165°F. Cool for 5 minutes. Serve on sub rolls with marinara.
*You can also use ground venison, bison, yak or elk.

Per Serving

Calories 977
Total Fat 64g
Saturated Fat 28g
Monounsaturated Fat 24.4g
Omega 3 0.46g
Omega 6 5.9g
Cholesterol 211mg
Total Carbohydrate 35g
Fiber 4.7g
Sugar 7g
Protein 62g

Essential Amino Acids

Histidine 0.40g
Isoleucine 0.86g
Leucine 1.4g
Lysine 0.74g
Methionine 0.40g
Phenylalanine 0.77g
Threonine 0.75g
Tryptophan 0.40g
Valine 1g

Vitamins

Vitamin A 168mcg
Vitamin B1 0.34mg
Vitamin B2 0.79mg
Vitamin B3 16.4mg
Vitamin B5 1.27mg
Vitamin B6 0.63mg
Vitamin B9 44.6mcg
Vitamin B12 5.2mcg
Vitamin C 1.7mg
Vitamin D 0.35mcg

Vitamin E 2mg
Vitamin K 25mcg
Choline 103.7mg

Minerals

Calcium 552mg
Copper 0.33mg
Iodine 58mcg
Iron 7.14mg
Magnesium 113mg
Manganese 1.5mg
Phosphorus 750.7mg
Potassium 927mg
Selenium 61mcg
Sodium 1,546mg
Zinc 10.6mg

ORAC

1,974

Nacho Bison Quesadillas

Makes 6 servings

2 c. cooked ground bison, drained
2 T. bacon fat, divided
2 tsp. chili powder
1 tsp. smoked paprika
1 tsp. ground cumin
1 tsp. granulated garlic
½ tsp. Real Salt
3 c. shredded Colby Jack cheese
6 (10”) whole wheat tortillas
½ c. sour cream
½ c. Mango Salsa

Heat a large griddle pan or cast iron skillet on medium heat. Grease with bacon fat and spread. Use a small amount of fat, 2 T. bacon fat is enough for 6 quesadillas. Use 1 tsp. bacon fat before laying tortilla into your pan.

Add 1 tortilla and some cheese. In a bowl mix the beef, seasoning, and salt together. Pour some of the beef over the tortilla and fold over. Lay a sandwich press on top to make a tight, firm quesadilla. Brown off on both sides. Transfer to a warm oven with a parchment lined baking sheet. Cut and serve with salsa and sour cream.

Per Serving

Calories 734
Total Fat 40g
Saturated Fat 21g
Monounsaturated Fat 12.8g
Cholesterol 125mg
Total Carbohydrate 52g
Fiber 7.3g
Sugar 12g
Protein 43g

Essential Amino Acids

Histidine 0.78g
Isoleucine 1g
Leucine 1.86g
Lysine 2g
Methionine 0.58g
Phenylalanine 0.92g
Threonine 0.97g
Tryptophan 0.16g
Valine 1.1g

Vitamins

Vitamin A 233mcg
Vitamin B1 0.62mg

Vitamin B2 0.70mg
Vitamin B3 8.7mg
Vitamin B5 0.30mg
Vitamin B6 0.73mg
Vitamin B9 134mcg
Vitamin B12 2.5mcg
Vitamin C 48.2mg
Vitamin D 0.45mcg
Vitamin E 2.3mg
Vitamin K 16.4mcg
Choline 115.5mg

Minerals

Calcium 631mg
Copper 0.44mg
Iodine 62.8mcg
Iron 5.6mg
Magnesium 113mg
Manganese 0.13mg
Phosphorus 724mg
Potassium 827mg
Selenium 60.8mcg
Sodium 1,026mg
Zinc 7.77mg

ORAC

2,179

Parmesan Garlic Four Cheese Panini

Makes 1 serving

2 slices Cheddar cheese
2 slices Fontina cheese
2 slices Gouda cheese
2 T. Parmesan Garlic Sauce
1 ciabatta roll
1 T. ghee

Heat a griddle pan on medium heat. Add the ghee. Lay the bottom ciabatta bun down, top with cheese, garlic sauce and top bun. Weigh down with a sandwich press. Brown on both sides and serve at once. You can add or subtract the cheeses. Mix it up and experiment with your food.

Per Serving

Calories 706
Total Fat 44g
Saturated Fat 19g
Monounsaturated Fat 10.5g
Cholesterol 105mg
Total Carbohydrate 47g
Fiber 3g
Protein 30g

Essential Amino Acids

Histidine 0.56g
Isoleucine 0.76g
Leucine 1.48g
Lysine 1.41g
Methionine 0.40g
Phenylalanine 0.83g
Threonine 0.52g
Tryptophan 0.20g
Valine 1.05g

Vitamins

Vitamin A 219mcg
Vitamin B1 0.02mg
Vitamin B2 0.27mg
Vitamin B3 0.07mg
Vitamin B5 0.21mg
Vitamin B7 0.40mcg
Vitamin B9 13.6mcg
Vitamin B12 1.22mcg
Vitamin D 0.48mcg
Vitamin E 1mg
Vitamin K 41mcg
Choline 13.5mg

Minerals

Calcium 577mg
Copper 0.03mg
Iodine 12mcg
Iron 0.47mg
Magnesium 19.84mg
Phosphorus 382mg
Potassium 74mg
Selenium 17.38mcg
Sodium 814mg
Zinc 3.14mg

ORAC
579

Pastrami Gyro

Makes 1 serving

1 tsp. olive oil
3 oz. beef pastrami, chopped
1 large naan bread
1 T. shredded lettuce
1 T. tomatoes, finely chopped
1 T. Parmesan Garlic Sauce

Heat a small skillet on medium high heat. Add ½ tsp. olive oil and the pastrami. Briefly heat through and set aside. Heat a griddle pan to medium heat. Add ½ tsp. and the naan bread. You want the bread to be warm and pliable but not crispy. Briefly warm up.

Lay out a square sheet of parchment. Add the pastrami, lettuce, tomato and garlic sauce to the warm naan bread. Roll and serve.

Per Serving

Calories 561
Total Fat 27g
Saturated Fat 6.5g
Monounsaturated Fat 7.2g
Omega 3 0.25g
Omega 6 1.62g
Cholesterol 69mg
Total Carbohydrate 48g
Fiber 2.3g
Sugar 3.9g
Protein 28g

Essential Amino Acids
Histidine 0.58g
Isoleucine 0.83g
Leucine 1.45g
Lysine 1.54g
Methionine 0.47g
Phenylalanine 0.72g
Threonine 0.72g
Tryptophan 0.12g
Valine 0.90g

Vitamins
Vitamin A 35mcg
Vitamin B1 0.75mg
Vitamin B2 0.60mg
Vitamin B3 9mg
Vitamin B5 0.62mg
Vitamin B6 0.29mg
Vitamin B7 3.75mcg
Vitamin B9 10.82mcg
Vitamin B12 1.59mcg
Vitamin C 3.5mg
Vitamin D 0.09mcg
Vitamin E 1.7mg
Vitamin K 47mcg
Choline 71.5mg

Minerals
Calcium 111mg
Copper 0.21mg

Iodine 30.5mcg
Iron 5mg
Magnesium 41.76mg
Manganese 0.48mg
Phosphorus 245.55mg
Potassium 351.94mg
Selenium 41mcg
Sodium 1,507mg
Zinc 5mg
ORAC
579

Smoked Salmon Salad

Makes 2 servings

6 oz. smoked salmon
¼ c. mayo
2 T. yellow onions, finely chopped
2 T. celery, finely chopped
½ tsp. dried dill

Mix all five ingredients in a food processor. Chill for at least 4 hours before serving. Serve with Naan bread or with rolls.

Per Serving

Calories 323
Total Fat 25g
Saturated Fat 4g
Monounsaturated Fat 6.2g
Omega 3 0.81g
Omega 6 0.02g
Cholesterol 63mg
Total Carbohydrate 1g
Protein 23g

Essential Amino Acids

Histidine 0.60g
Isoleucine 1.08g
Leucine 1.86g
Lysine 2.19g
Methionine 0.72g
Phenylalanine 0.92g
Threonine 1.06g
Tryptophan 0.28g
Valine 1.24g

Vitamins

Vitamin A 56.2mcg
Vitamin B1 0.14mg
Vitamin B2 0.22mg
Vitamin B3 8.64mg
Vitamin B5 1.10mg
Vitamin B6 0.71mg
Vitamin B7 3.4mcg
Vitamin B9 11.04mcg
Vitamin B12 3.83mcg
Vitamin C 0.5mg
Vitamin D 14.26mcg
Vitamin E 1.76mg
Vitamin K 47.4mcg
Choline 105.6mg

Minerals

Calcium 20mg
Copper 0.07mg
Iodine 24mcg
Iron 0.65mg
Magnesium 33.25mg
Manganese 0.03mg
Phosphorus 269.5mg
Potassium 411.25mg
Selenium 30.86mg
Sodium 260mg
Zinc 0.53mg
ORAC
124

Southwest Chicken Hani

Makes 6 servings

1 T. chili powder
1 tsp. dried oregano
1 tsp. dried thyme
1 tsp. granulated garlic
1 tsp. onion powder
1 tsp. smoked paprika
1 tsp. Real Salt
1 tsp. cayenne pepper
¼ c. olive oil

3 boneless skinless chicken breasts
2 T. ghee, divided
6 large naan breads
1 c. smoked cheddar cheese, shredded
½ c. cooked bacon, chopped*
6 T. Ranch Dressing

Blend the first 9 ingredients. Pour the marinade into a bowl. Add the chicken and mix. Cover and chill overnight. Roast at 375°F on a parchment lined baking sheet until the chicken reaches 165°F. Rest for at least 10 minutes before slicing against the grain.

Heat a griddle pan on medium heat. Add 1 tsp. ghee. Add the naan bread and some shredded smoked cheddar. Add the chicken, bacon and ranch dressing. Wrap in parchment and serve. Repeat for the remaining sandwiches. If you have a large flat top grill, you can assemble all of the sandwiches at the same time.

*Go with nitrate-free bacon.

Per Serving

Calories 648
Total Fat 38g
Saturated Fat 12g
Monounsaturated Fat 12.6g
Omega 3 0.60g
Omega 6 4.13g
Cholesterol 121mg
Total Carbohydrate 35g
Fiber 3g
Protein 41g

Essential Amino Acids

Histidine 1g
Isoleucine 1.8g
Leucine 2.7g
Lysine 2.8g
Methionine 0.9g
Phenylalanine 1.4g
Threonine 1.5g
Tryptophan 0.4g
Valine 1.8g

Vitamins

Vitamin A 108mcg
Vitamin B1 0.14mg
Vitamin B2 0.24mg
Vitamin B3 13mg
Vitamin B5 1.1mg
Vitamin B6 0.65mg
Vitamin B7 0.26mcg
Vitamin B9 11.7mcg
Vitamin B12 0.66mcg
Vitamin D 0.26mcg
Vitamin E 2.8mg
Vitamin K 34.6mcg
Choline 93.7mg

Minerals
Calcium 193.6mg
Iodine 32.6mcg
Iron 3.8mg
Magnesium 39.5mg
Manganese 0.10mg
Phosphorus 364.6mg
Potassium 421mg
Selenium 36mcg
Sodium 1,335mg
Zinc 2mg
ORAC
1,454

Super Sloppy J's

Makes 6 servings

2 lbs. ground beef
1 T. olive oil
1 large yellow onion, finely chopped
1 large red bell pepper, finely chopped
1 T. minced garlic
1 tsp. dried thyme
¼ c. light brown sugar
2 c. tomato sauce
1 T. Worcestershire sauce
2 T. prepared yellow mustard
2 T. tomato paste
1 tsp. Montreal Steak seasoning
6 Whole Wheat hamburger buns

Brown off the beef in a large skillet on medium heat. Drain and set aside. Put the large skillet back on medium heat. Cook the onions and peppers in olive oil until the onions are translucent. Add the garlic and thyme, cook for 2 minutes. Add the beef and remaining items. Cover and simmer for 30 minutes.

Per Serving
Calories 613
Total Fat 35g
Saturated Fat 12g
Monounsaturated Fat 15.5g
Omega 3 0.10g
Omega 6 0.04g
Cholesterol 107mg
Total Carbohydrate 39g
Fiber 5.8g
Sugar 14g
Protein 34g
Essential Amino Acids
Histidine 0.8g
Isoleucine 1.1g
Leucine 2g
Lysine 2.2g
Methionine 0.6g
Phenylalanine 1g
Threonine 1g
Tryptophan 0.14g
Valine 1.3g
Vitamins
Vitamin A 87.5mcg
Vitamin B1 0.34mg
Vitamin B2 0.41mg
Vitamin B3 10mg
Vitamin B5 1mg
Vitamin B6 0.78mg
Vitamin B9 53.5mcg
Vitamin B12 3.3mcg
Vitamin C 45mg
Vitamin D 0.15mcg

Vitamin E 2.5mg
Vitamin K 13.4mcg
Choline 105.4mg

Minerals

Calcium 165mg
Copper 0.34mg
Iodine 24mcg
Iron 5.78mg
Magnesium 90.8mg
Manganese 0.24mg
Phosphorus 401mg
Potassium 958mg
Selenium 42.5mcg
Sodium 535mg
Zinc 7.6mg

ORAC

1,444

Easy Entrees

Barbados Barbacoa

Makes 6 servings

3 lbs. boneless beef chuck roast
12 garlic cloves, halved lengthwise
2 tsp. Real Salt
½ tsp. ground black pepper
2 T. bacon fat
1 large yellow onion, minced
2 bay leaves
2 tsp. ground cumin
2 tsp. dried oregano, crushed
¼ tsp. ground cloves
½ tsp. ground allspice
1 large tomato, cored, chopped
2 chipotles in adobo sauce, chopped
3 T. cider vinegar
1 ½ c. beef stock*

Leave the roast out for 1 hour. Heat oven to 325°F.

Cut 24 slits in top of the roast and insert the garlic. Season with salt and pepper. Heat the bacon fat in a large Dutch oven on medium high heat. Sear off the beef 4 minutes per side. After searing the second side, add the onion, bay leaves, cumin, oregano, cloves, allspice and tomato. Cook for 2 minutes. Add the chipotles, vinegar and stock.

Bring to a simmer. Cover and oven braise for 3-3 ½ hours. Discard the bay leaves.
Shred the beef and mix with the juices. Serve with rice or corn tortillas.
*Go with low-sodium beef stock.

Per Serving

Calories 383
Total Fat 19g
Saturated Fat 7.1g
Monounsaturated Fat 8.7g

Omega 3 0.02g
Omega 6 0.53g
Cholesterol 156mg
Total Carbohydrate 5.6g
Fiber 1.5g
Sugar 1.4g
Protein 48g

Essential Amino Acids

Histidine 1.55g
Isoleucine 2g
Leucine 3.9g
Lysine 4.23g
Methionine 1.37g
Phenylalanine 1.84g
Threonine 2.13g
Tryptophan 0.54g
Valine 2.18g

Vitamins

Vitamin A 18mcg
Vitamin B1 0.15mg
Vitamin B2 0.36mg
Vitamin B3 10.67mg
Vitamin B5 1.38mg
Vitamin B6 0.93mg
Vitamin B7 13.86mcg
Vitamin B9 12.41mcg
Vitamin B12 6.6mcg
Vitamin C 7.3mg
Vitamin D 0.34mcg
Vitamin E 0.8mg
Vitamin K 8.4mcg
Choline 160.6mg

Minerals

Calcium 65mg
Copper 0.19mg
Iodine 56mcg
Iron 5.92mg
Magnesium 58.35mg
Manganese 0.28mg
Phosphorus 480.82mg
Potassium 906.91mg
Selenium 49.94mcg
Sodium 948mg
Zinc 18.88mg

ORAC

2,209

BBQ Shrimp

Makes 4 servings

½ c. Worcestershire sauce
2 T. garlic, minced
1 tsp. ground black pepper
1 tsp. paprika
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried thyme
½ tsp. cayenne
1 ½ lbs. large shrimp
Juice of 1 lemon
1 ½ sticks unsalted butter, chopped

Mix the first 8 ingredients in a glass bowl. Add the shrimp and marinate for 30-60 minutes.

Heat a large skillet on high heat. Add the shrimp and marinade. Top with a splatter screen. Rinse the bowl with ¼ cup and add in. When the sauce thickens, add the lemon juice, parsley and butter. Serve with grits!

Per Serving

Calories 487
Total Fat 36g
Saturated Fat 22g
Monounsaturated Fat 10.12g
Omega 3 0.24g
Omega 6 0.98g
Cholesterol 365mg
Total Carbohydrate 9.5g
Fiber 1g
Sugar 3g
Protein 35g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.04g
Leucine 0.07g
Lysine 0.05g
Methionine 0.02g
Phenylalanine 0.04g
Threonine 0.03g
Tryptophan 0.01g
Valine 0.05g

Vitamins

Vitamin A 342.83mcg
Vitamin B1 0.04mg
Vitamin B2 0.08mg
Vitamin B3 0.49mg
Vitamin B5 0.13mg
Vitamin B6 0.07mg
Vitamin B9 20.67mcg
Vitamin B12 0.07mcg
Vitamin C 19.8mg
Vitamin E 1.45mg
Vitamin K 139.8mcg
Choline 11.9mg

Minerals

Calcium 188.89mg
Copper 0.78mg
Iodine 69mcg
Iron 4mg
Magnesium 75.59mg
Manganese 0.25mg
Phosphorus 407mg
Potassium 817mg
Selenium 1mcg
Sodium 628mg
Zinc 2.58mg

ORAC

2,019

Beef Barley Stew

Makes 6 servings

1 T. unsalted butter
1 T. olive oil
2 lbs. beef chuck roast, 1” cubes
1 tsp. Real Salt
½ tsp. ground black pepper
1 large carrot, peeled, chopped
1 large celery rib, chopped
1 yellow onion, chopped
1 tsp. dried thyme
½ tsp. Hungarian paprika
2 c. Shiraz wine*
2 bay leaves
4 c. beef stock
1 c. pearl barley

Heat oven to 275°F. Trace and cut out a circle of parchment paper for a cast iron Dutch oven. In a Dutch oven, heat the butter and oil on a medium high heat. Season the beef with salt and pepper. In batches, sear off the beef. Set beef aside. Add the carrots, celery, onions, thyme and paprika. Sauté for 8 minutes.

Raise heat slightly. Deglaze with the wine and loosen up the browned bits. Bring to a simmer. Add the bay leaves, stock and beef. Cover with parchment and the lid. Oven braise for 2 hours. Toss the paper and add the barley. Add 1 cup of water. Cover and oven braise for 40-45 minutes. If you are using quick barley, only cook for 10-15 minutes.

*You can also use Chianti wine.

Per Serving

Calories 453
Total Fat 12g
Saturated Fat 4.7g
Monounsaturated Fat 6.12g
Omega 3 0.02g
Omega 6 0.41g
Cholesterol 100mg
Total Carbohydrate 34g
Fiber 6.3g
Sugar 2.3g
Protein 40g

Essential Amino Acids

Histidine 1.16g
Isoleucine 1.56g
Leucine 2.95g
Lysine 3g
Methionine 1g
Phenylalanine 1.47g
Threonine 1.62g
Tryptophan 0.43g
Valine 1.69g

Vitamins

Vitamin A 127mcg
Vitamin B1 0.25mg
Vitamin B2 0.48mg
Vitamin B3 10.67mg
Vitamin B5 1.16mg
Vitamin B6 1.10mg
Vitamin B7 4.66mcg
Vitamin B9 22.94mcg
Vitamin B12 3.43mcg
Vitamin C 3mg
Vitamin D 0.15mcg
Vitamin E 0.85mg
Vitamin K 13.2mcg
Choline 131.5mg

Minerals

Calcium 65mg
Copper 0.38mg
Iodine 34mcg
Iron 5.18mg
Magnesium 84.2mg
Manganese 0.56mg
Phosphorus 485.43mg
Potassium 1,167.69mg
Selenium 50.42mcg
Sodium 813mg
Zinc 9.38mg

ORAC

781

Beef Bulgogi

Makes 2 servings

2 ribeye steaks, chopped
4 T. Bulgogi sauce (Chung Jung One)
1 T. coconut oil

Mix the beef and marinade in a medium bowl. Marinate the beef for at least 2 hours. Drain for 20 minutes in a colander. Heat a wok or large skillet on medium high heat. Add the coconut oil. Stir fry the beef until it is lightly browned. DO NOT OVERCOOK.

Per Serving

Calories 628
Total Fat 39g
Saturated Fat 18g
Monounsaturated Fat 15g
Omega 3 0.05g
Omega 6 0.97g
Cholesterol 181mg
Total Carbohydrate 19g
Sugar 12g
Protein 55g

Essential Amino Acids

Histidine 2.1g
Isoleucine 2.6g
Leucine 4.9g
Lysine 5.5g
Methionine 1.5g
Phenylalanine 2.2g
Threonine 2.7g
Tryptophan 0.6g
Valine 2.8g

Vitamins

Vitamin A 5.67mcg
Vitamin B1 0.23mg
Vitamin B2 0.62mg
Vitamin B3 9.9mg
Vitamin B6 1.1mg
Vitamin B9 8.5mcg
Vitamin B12 9.1mcg
Vitamin D 0.28mcg
Vitamin K 4.3mcg

Minerals

Calcium 23.32mg
Copper 0.41mg
Iodine 45mcg
Iron 7.48mg
Magnesium 68mg
Phosphorus 595.35mg
Potassium 1,019mg
Selenium 72.29mcg
Sodium 1,009mg
Zinc 22.11mg

ORAC

302

Bison Burger Bowls

Makes 4 servings

1 lb. ground bison*
1 T. That Red Stuff**
1 T. bacon fat
8 c. romaine lettuce, chopped

1 c. Cheddar cheese, shredded
1 c. tomatoes, chopped
¼ c. dill pickles, chopped
2 scallions, sliced
2 avocados, sliced
½ c. Parmesan Garlic Sauce***

Cook the bison in a large skillet over medium heat. Break up the meat as it cooks. Cook until the meat is browned and no longer pink. Drain briefly and pour the meat back into the skillet. Add That Red Stuff and bacon fat. Cook on medium high heat for 1 minute. Set aside.

Lay out 4 serving bowls. Divide up the lettuce, cheese, tomatoes, pickles, scallions, avocados and bison. Garnish with Parmesan Garlic Sauce.
*You can substitute ground beef.
**This recipe in in the Bonus Recipes chapter.
***This recipe is in the Superb Sauces chapter.

Per Serving

Calories 669
Total Fat 52g
Saturated Fat 16g
Monounsaturated Fat 18.75g
Omega 3 0.13g
Omega 6 0.28g
Cholesterol 127mg
Total Carbohydrate 14g
Fiber 7.8g
Sugar 2g
Protein 40g

Essential Amino Acids

Histidine 1.3g
Isoleucine 1.9g
Leucine 3.3g
Lysine 3.17g
Methionine 1g
Phenylalanine 1.71g
Threonine 1.75g
Tryptophan 0.42g
Valine 2.15g

Vitamins

Vitamin A 541mcg
Vitamin B1 0.32mg
Vitamin B2 0.64mg
Vitamin B3 8.76mg
Vitamin B5 1.29mg
Vitamin B6 0.77mg
Vitamin B7 8.37mcg
Vitamin B9 224mcg
Vitamin B12 3.13mcg
Vitamin C 22.7mg
Vitamin D 0.28mcg
Vitamin E 3mg
Vitamin K 183mcg
Choline 140mg

Minerals

Calcium 331mg
Copper 0.38mg
Iodine 18mcg
Iron 5.6mg
Magnesium 75mg
Manganese 0.32mg
Phosphorus 473mg
Potassium 1,146mg
Selenium 46mcg
Sodium 1,116mg
Zinc 8mg

ORAC

5,202

Bison Chili Mac

Makes 8 servings

3 lbs. ground bison
1 T. bacon fat
2 medium yellow onions, finely chopped
6 garlic cloves, finely chopped
2 T. chipotles in adobo, pureed with ¼ c. water
1 T. smoked paprika
1 T. Real Salt
1 T. ground cumin
3 T. chili powder
3 (28 oz.) cans crushed tomatoes in puree
2 c. low sodium beef stock
1 (15 oz.) can kidney beans, rinsed, drained
1 (16 oz.) box whole wheat macaroni
8 oz. smoked cheddar cheese, shredded

In a medium stockpot, cook the bison on medium high heat. Cook until the meat is browned. Drain off any excess fat and water. In the same stockpot, add the lard. Turn heat down to medium. Add the onions and cook until they are translucent.
Add the garlic and cook for 2 minutes.

Add the chipotles, paprika, salt, cumin and chili powder. Mix and cook for 2 minutes. Add the bison, tomatoes and beef stock. Bring to a boil. Turn heat down to low and simmer uncovered for 2 hours. Add the beans in the last half hour.

Before serving, cook the pasta for 10-11 minutes in boiling water until they are al dente. Drain very well. To serve, spoon the cooked noodles into a bowl. Pour the chili on top and garnish with cheese.

Per Serving

Calories 778
Total Fat 33g
Saturated Fat 14g
Monounsaturated Fat 10.4g

Omega 3 0.07g
Omega 6 0.63g
Cholesterol 130mg
Total Carbohydrate 74g
Fiber 16g
Sugar 17g
Protein 53g

Essential Amino Acids

Histidine 1.40g
Isoleucine 1.95g
Leucine 3.44g
Lysine 3.27g
Methionine 1g
Phenylalanine 1.91g
Threonine 1.78g
Tryptophan 0.39g
Valine 2.19g

Vitamins

Vitamin A 166.8mcg
Vitamin B1 0.67mg
Vitamin B2 0.76mg
Vitamin B3 14.68mg
Vitamin B5 2.70mg
Vitamin B6 1.22mg
Vitamin B7 7.68mcg
Vitamin B9 153.3mcg
Vitamin B12 3mcg
Vitamin C 31.6mg
Vitamin D 0.21mcg
Vitamin E 5.66mg
Vitamin K 24.3mcg
Choline 70mg

Minerals

Calcium 368mg
Copper 1.16mg
Iodine 89mcg
Iron 12.94mg
Magnesium 200mg
Manganese 2.45mg
Phosphorus 707.55mg
Potassium 1,721mg
Selenium 90mcg
Sodium 1,589mg
Zinc 10.3mg

ORAC

5,000

Bistro Beef Stew

Makes 6 servings

1/3 c. all-purpose flour
1 tsp. Real Salt
¼ tsp. ground black pepper
2 lbs. beef chuck roast, 1 ½” cubes
2 T. olive oil
2 bacon strips, ½” cubes*
2 large yellow onions, diced
1 large carrot, peeled, diced
1 large celery rib, diced
2 T. garlic, minced
2 c. dry red wine**
1 bundle fresh thyme
1 T. grated orange zest
2 T. parsley, finely chopped

Mix the flour, salt and pepper in a shallow dish. Toss in the beef and shake off the excess. Heat 1 T. olive oil in a large deep skillet on medium high heat. Sear off the beef in 3 batches, 3 minutes per side. Pour the beef into a 6 quart slow cooker.

Drop heat to medium. Cook the bacon until it’s crisp. Add the onions, carrots and celery (mirepoix). Sauté for 5 minutes. Add the garlic and cook for 1 minute. Add the reserved flour. Stir until the roux starts to brown, 2 minutes. Deglaze with the wine and bring to a boil. Add the thyme and pour this mixture into the slow cooker.

Cover and cook on low heat for 6-8 hours.
Toss the thyme. Garnish the stew with orange zest and parsley.
*Go with nitrate-free bacon.
**Go with Cabernet Sauvignon, if not use Shiraz.

Per Serving

Calories 409
Total Fat 16g
Saturated Fat 4.6g
Monounsaturated Fat 7.9g
Omega 3 0.05g

Omega 6 0.5g
Cholesterol 104mg
Total Carbohydrate 15g
Fiber 1.5g
Sugar 1g
Protein 37g

Essential Amino Acids

Histidine 1g
Isoleucine 1.52g
Leucine 2.68g
Lysine 2.83g
Methionine 0.87g
Phenylalanine 1.32g
Threonine 1.35g
Tryptophan 0.22g
Valine 1.66g

Vitamins

Vitamin A 108.93mcg
Vitamin B1 0.23mg
Vitamin B2 0.33mg
Vitamin B3 9.15mg
Vitamin B5 1.14mg
Vitamin B6 0.87mg
Vitamin B7 11.5mcg
Vitamin B9 27.81mcg
Vitamin B12 3.24mcg
Vitamin C 7.5mg
Vitamin D 0.19mcg
Vitamin E 1.25mg
Vitamin K 30.2mcg
Choline 145.8mg

Minerals

Calcium 53.74mg
Copper 0.20mg
Iodine 34mcg
Iron 4.24mg
Magnesium 55.56mg
Manganese 0.34mg
Phosphorus 373.63mg
Potassium 802mg
Selenium 40.77mcg
Sodium 580mg
Zinc 8.75mg

ORAC

4,359

Brazilian Feijoada

Makes 8 servings

6 slices bacon, minced*
3 medium yellow onions, minced
¼ c. tomato paste
2 T. garlic, minced
2 T. chili powder
2 tsp. ground cumin
1 tsp. ground coriander
½ tsp. ground black pepper
1 c. water
4 c. chicken stock**
2 ½ c. dried black beans
½ lb. Kielbasa sausage, 1” slices
3 bay leaves
3 lbs. boneless pork butt roast, 1 ½” chunks

Soak the beans overnight in cold water. The next day, rinse, drain and pour into a greased 6 quart slow cooker.

In a large skillet, cook the bacon on medium high heat for 5 minutes. Stir in the onions, tomato paste, garlic, chili powder, cumin, coriander and black pepper. Cook and stir for 8 minutes. Deglaze with water to loosen up the browned bits. Pour this mixture into the slow cooker. Add the remaining ingredients. Cover and cook on low heat for 9-11 hours.

*Go with nitrate-free bacon.

**Go with low-sodium chicken stock.

Per Serving

Calories 736
Total Fat 38g
Saturated Fat 10g
Monounsaturated Fat 12.5g
Omega 3 0.2g
Omega 6 3.76g
Cholesterol 123mg
Total Carbohydrate 47g
Fiber 12g
Sugar 3g
Protein 50g

Essential Amino Acids

Histidine 1.85g
Isoleucine 2.29g
Leucine 4g
Lysine 4.1g
Methionine 1.16g
Phenylalanine 2.19g
Threonine 2.12g
Tryptophan 0.53g
Valine 2.52g

Vitamins

Vitamin A 42mcg
Vitamin B1 1.5mg
Vitamin B2 0.8mg
Vitamin B3 9.8mg
Vitamin B5 3.2mg
Vitamin B6 1.1mg
Vitamin B7 10.5mcg
Vitamin B9 271mcg
Vitamin B12 1.84mcg
Vitamin C 12.3mg
Vitamin D 1.4mcg
Vitamin E 1.83mg
Vitamin K 11mcg
Choline 181mg

Minerals

Calcium 137mg
Copper 0.78mg
Iodine 18mcg

Iron 6.43mg
Magnesium 158.7mg
Manganese 0.88mg
Phosphorus 657mg
Potassium 1,843mg
Selenium 52.75mcg
Sodium 595mg
Zinc 8.4mg
ORAC
3,160

Butter Chicken Curry

Makes 8 servings

10 chicken thighs, with skin
2 T. curry powder
2 T. salt
2 T. granulated garlic
2 T. ground ginger
1 T. ghee, unsalted*
2 (15 oz.) jars Patak's Butter Chicken Curry Sauce**

Toss the chicken with the curry powder, salt, garlic and ginger. Chill overnight.

Heat the ghee on medium high heat in a medium stockpot. Cook the chicken for 2 minutes per side, in 2 batches. When all 10 thighs are golden brown, add the curry sauce and ½ cup water. Bring to a boil.

Cover and drop to a simmer on low heat. Braise for 2 hours.*** Shred the meat and toss the bones. Pour some of the sauce over the meat and serve with garlic naan bread or basmati rice.

*You can use coconut oil instead of ghee.

**You can use Korma or Tikki Masala sauce instead of Butter Curry Sauce.

***You can also roast the chicken in an oven set to 375°F for 90 minutes. Roasting gives the chicken skin a crispy touch. Serve with warm curry sauce.

Per Serving

Calories 357
Total Fat 23g
Saturated Fat 6.8g
Monounsaturated Fat 8.85g
Omega 3 0.03g
Omega 6 2.41g
Cholesterol 190mg
Total Carbohydrate 9g
Fiber 1g
Sugar 6g
Protein 32g

Essential Amino Acids

Histidine 0.58g
Isoleucine 0.98g
Leucine 1.44g
Lysine 1.61g
Methionine 0.52g
Phenylalanine 0.76g

Threonine 0.81g
Tryptophan 0.22g
Valine 0.96g

Vitamin E 0.23mg
Choline 86.3mg

Minerals

Calcium 35.42mg
Copper 0.07mg
Iodine 45mcg
Iron 2.01mg
Magnesium 31.62mg
Phosphorus 255.75mg
Potassium 334.12mg
Selenium 36.3mcg
Sodium 806.62mg
Zinc 2.24mg

Vitamins

Vitamin A 22mcg
Vitamin B1 0.10mg
Vitamin B2 0.21mg
Vitamin B3 7.19mg
Vitamin B6 0.52mg
Vitamin B9 5.5mcg
Vitamin B12 0.59mcg
Vitamin D 0.41mg

ORAC

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Cajun Key West Shrimp & Boursin Grits

Makes 6 servings

6 c. water
2 c. Bob's Red Mill corn grits
1 (5.3 oz.) pkg. Boursin cheese
2 T. bacon fat, divided*
1 lb. Key West wild shrimp, thawed, drained
2 T. That Red Stuff seasoning

Heat the water in a large stockpot on high heat. Slowly whisk in the grits. Drop heat to low and gently simmer. Cook and stir frequently for 30 minutes or until the grits become very thick. Off heat, stir in the Boursin cheese.

In a large skillet, heat 1 T. bacon fat on medium high heat. Cook the shrimp for 2 minutes. Drain the shrimp in a clean colander. Toss the shrimp with the seasoning. Sauté the shrimp with 1 T. bacon fat for 1-2 minutes or until they are pink and cooked through.

Serve the shrimp with the grits. Garnish with fresh chives.

*You may also use ghee instead of bacon fat.

Per Serving

Calories 238
Total Fat 14g
Saturated Fat 7.2g
Monounsaturated Fat 1.98g
Cholesterol 151mg
Total Carbohydrate 14g
Fiber 1g
Protein 15g

Vitamins
Vitamin B1 0.26mg
Vitamin B2 0.1mg
Vitamin B3 1.29mg
Vitamin B6 0.02mg
Vitamin B9 40.8mcg
Vitamin D 0.11mcg
Vitamin E 0.04mg
Choline 4.3mg

Minerals
Calcium 135.85mg
Iron 6.06mg
Magnesium 4.8mg
Phosphorus 11.2mg
Potassium 115.49mg
Selenium 2.57mcg
Sodium 859.77mg
Zinc 0.07mg

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Chicken Cacciatore

Makes 4 servings

6 slices bacon, chopped*
8 bone in chicken thighs
½ tsp. Real Salt
½ tsp. ground black pepper
1 c. yellow onion, chopped
1 large red bell pepper, chopped
1 carrot, peeled, thinly sliced
½ c. celery, chopped
1 T. garlic, minced
4 ½ tsp. all-purpose flour
1 1/3 c. dry white wine
1 c. chicken stock
1 (14.5 oz) can diced tomatoes with juice
1 T. dried thyme
1 tsp. dried oregano

Cook the bacon on medium heat in a Dutch oven for 7 minutes. Set the bacon aside. Turn heat to medium high. In batches, cook the chicken for 5 minutes per side. Toss the chicken skin. Season the chicken with salt and pepper.

Add the onions, peppers, carrots and celery. Cook for 7 minutes. Add the garlic and flour, cook for 1 minute. Deglaze with the wine and loosen up the browned bits. Add the stock, tomatoes, thyme, oregano, chicken and half of the bacon. Cover and bring to a simmer. Simmer for 30 minutes. Add the remaining bacon. Simmer for 5 minutes.

*Go with nitrate-free bacon.

Per Serving

Calories 675
Total Fat 29g
Saturated Fat 8.8g
Monounsaturated Fat 11.51g
Omega 3 0.26g
Omega 6 4.49g
Cholesterol 310mg
Total Carbohydrate 19g
Fiber 2.8g
Sugar 4.6g

Protein 68g

Essential Amino Acids

Histidine 1.76g
Isoleucine 2.83g
Leucine 5g
Lysine 5.57g
Methionine 1.68g
Phenylalanine 2.38g
Threonine 2.83g
Tryptophan 0.67g
Valine 2.89g

Vitamins

Vitamin A 245.84mcg
Vitamin B1 0.47mg
Vitamin B2 0.75mg
Vitamin B3 20.16mg
Vitamin B5 0.47mg
Vitamin B6 1.72mg
Vitamin B7 9mcg
Vitamin B9 46.23mcg
Vitamin B12 2mcg
Vitamin C 58mg
Vitamin D 0.17mcg
Vitamin E 1.65mg
Vitamin K 31.8mcg
Choline 194mg

Minerals

Calcium 105.61mg
Copper 0.34mg
Iodine 50.5mcg
Iron 5mg
Magnesium 109.62mg
Manganese 0.41mg
Phosphorus 710.21mg
Potassium 1,398.61mg
Selenium 79mcg
Sodium 1,109.47mg
Zinc 5.81mg

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Crockpot Carnitas

Makes 10 servings

6 lbs. pork Boston butt
2 T. smoked paprika
2 T. Real Salt
2 T. onion powder
2 T. granulated garlic
2 T. ground cumin
4 c. Taco Simmer Sauce*
1 ½ c. water

Pat the chuck roast dry with paper towels.
Mix the dry ingredients. Liberally season the meat. Chill overnight.

Lay the roast in your crockpot. Mix the simmer sauce with water. Pour all over the meat. Cover and cook on low for 9 hours.
*You can find this recipe in the Superb Sauces chapter of this book.

Per Serving

Calories 575
Total Fat 36g
Saturated Fat 13g
Monounsaturated Fat 16.3g
Omega 3 0.16g
Omega 6 3.7g

Cholesterol 200mg
Total Carbohydrate 6g
Sugar 3g
Protein 51g

Essential Amino Acids

Histidine 2.2g
Isoleucine 2.5g
Leucine 4.3g
Lysine 4.7g
Methionine 1.4g
Phenylalanine 2.1g
Threonine 2.2g
Tryptophan 0.5g
Valine 2.6g

Vitamins

Vitamin B1 1mg
Vitamin B2 0.74mg
Vitamin B3 7.9mg
Vitamin B5 2.6mg
Vitamin B6 0.91mg
Vitamin B12 1.9mcg
Vitamin C 3.6mg
Vitamin D 2.45mcg
Vitamin E 0.24mg
Choline 208mg

Minerals

Calcium 53mg
Copper 0.26mg
Iodine 36mcg
Iron 3.57mg
Magnesium 46mg
Phosphorus 454mg
Potassium 622mg
Selenium 86mcg
Sodium 814mg
Zinc 9.8mg

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Curry Tenders

Makes 4 servings

1 ¾ lbs. boneless skinless chicken tenderloins
1 T. curry powder
1 T. garlic powder
1 tsp. Real Salt
2 T. coconut oil, divided

Mix the chicken, curry powder, garlic and salt in a bowl. Marinate overnight.

Heat oven to 375°F. Heat 1 T. of coconut oil in a large skillet on medium high heat. Sear off the chicken in 2 batches until they are golden brown on each side using 1 T. coconut oil with each batch. Transfer all of the tenders onto a parchment-lined baking sheet.

Bake the chicken for 16-18 minutes or until the juices run clear and it reaches 165°F.

Per Serving

Calories 308
Total Fat 12g
Saturated Fat 6.7g
Monounsaturated Fat 1.8g
Omega 3 0.06g
Omega 6 0.78g

Cholesterol 145mg
Protein 45g
Essential Amino Acids
Histidine 1.6g
Isoleucine 2.2g
Leucine 3.7g
Lysine 4.3g
Methionine 1.1g
Phenylalanine 1.8g
Threonine 2g
Tryptophan 0.5g
Valine 2.3g
Vitamins
Vitamin A 17mcg
Vitamin B1 0.2mg
Vitamin B2 0.3mg
Vitamin B3 19mg
Vitamin B5 3mg
Vitamin B6 1.6mg
Vitamin B9 19mcg
Vitamin B12 0.42mcg
Vitamin E 1.2mg
Vitamin K 17.2mcg
Choline 164mg
Minerals
Calcium 14.5mg
Copper 0.09mg
Iodine 45mcg
Iron 1mg
Magnesium 59mg
Manganese 0.08mg
Phosphorus 434.5mg
Potassium 698mg
Selenium 46mcg
Sodium 621mg
Zinc 1.4mg
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"Dirty Chicken"
Makes 6 servings

4 lb. chicken thighs
¼ cup That Red Stuff seasoning*

Heat your oven to 375°F. Mix the chicken and seasoning in a medium bowl. Line a baking sheet with parchment. Spread the chicken out onto the baking sheet.
Roast for 90 minutes. Cool for 15 minutes before serving.
*You can find this recipe in the Bonus Recipes chapter of this book.

Per Serving
Calories 406
Total Fat 18g
Saturated Fat 5.2g
Monounsaturated Fat 7.6g
Omega 3 0.18g
Omega 6 3.3g
Cholesterol 245mg
Protein 56g
Essential Amino Acids
Histidine 1.6g

Isoleucine 2.6g
Leucine 4.7g
Lysine 5.3g
Methionine 1.6g
Phenylalanine 2.2g
Threonine 2.6g
Tryptophan 0.6g
Valine 2.7g

Vitamins

Vitamin A 18mcg
Vitamin B1 0.21mg
Vitamin B2 0.49mg
Vitamin B3 14mg
Vitamin B5 2.9mg
Vitamin B6 1mg
Vitamin B9 11mcg
Vitamin B12 1mcg
Vitamin D 0.45mcg
Vitamin E 0.41mg
Vitamin K 8.8mcg
Choline 162mg

Minerals

Calcium 20mg
Copper 0.15mg
Iodine 18mcg
Iron 2.5mg
Magnesium 54mg
Phosphorus 521mg
Potassium 610mg
Selenium 61mcg
Sodium 515mg
Zinc 4mg

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French Braised Beef

Makes 6 servings

1 ½ tsp. Real Salt
½ tsp. ground black pepper
6 T. all-purpose flour
2 lbs. lean beef stew meat, 1 ½" cubes
1 T. lard*
2 large carrots, peeled, 1" slices
1 (16 oz.) frozen pearl onions, thawed
2 c. mushrooms, sliced
1 T. garlic, minced
1 c. beef stock
½ c. Merlot red wine**
¼ c. tomato paste
1 tsp. dried rosemary
1 tsp. dried thyme

Pour the beef in a shallow dish. Toss with salt, pepper and flour. Heat the lard in a large skillet on medium high heat. Sear off the beef in 3 batches. Pour the beef into a 6 quart slow cooker. Add the remaining ingredients. Cover and cook on low heat for 8 hours.

*Buy your lard directly from the farmers as it will have Vitamin D. Store-bought lard is loaded with preservatives and is hydrogenated.
**You can also use Pinot Noir or Chianti.

Per Serving

Calories 339
Total Fat 9.8g
Saturated Fat 3.9g
Monounsaturated Fat 4.7g
Cholesterol 97mg
Total Carbohydrate 23g
Fiber 1.6g
Sugar 5g
Protein 36g

Essential Amino Acids

Histidine 1.11g
Isoleucine 1.48g
Leucine 2.78g
Lysine 3g
Methionine 1g
Phenylalanine 1.32g
Threonine 1.57g
Tryptophan 0.4g
Valine 1.6g

Vitamins

Vitamin A 212.45mcg
Vitamin B1 0.24mg
Vitamin B2 0.42mg
Vitamin B3 9.40mg
Vitamin B5 1.44mg
Vitamin B6 1mg
Vitamin B7 12.38mcg
Vitamin B9 15.53mcg
Vitamin B12 3.44mcg
Vitamin C 7mg
Vitamin D 0.25mcg
Vitamin E 0.92mg
Vitamin K 10.2mcg
Choline 116.3mg

Minerals

Calcium 63mg
Copper 0.26mg
Iodine 39mcg
Iron 4.55mg
Magnesium 47.84mg
Manganese 0.25mg
Phosphorus 382.78mg
Potassium 881.31mg
Selenium 40mcg
Sodium 712mg
Zinc 8.56mg

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Hawaiian BBQ Pork Bowls

Makes 4 servings

1 T. coconut oil
1 medium yellow onion, chopped
1 medium red bell pepper, chopped
20 oz. ground pork
3 T. Sweet & Spicy Seasoning*
1 c. pineapple, chopped**
2 T. pineapple juice
¼ c. BBQ Sauce
1 T. coconut sugar
Juice of 1 lime
4 c. basmati rice, cooked

Heat the coconut oil in a large skillet on medium high heat. Sauté the onions and peppers for 5-6 minutes or until the vegetables are tender. Pour into a bowl and set aside.

Add the pork and break up into small pieces. Cook and stir for 5 minutes. Pour off the excess fat. Add the Sweet & Spicy Seasoning. Cook and stir for 1 minute. Add the onions, peppers, pineapple, BBQ sauce, pineapple juice, sugar and lime juice. Cook and stir for 2 minutes to heat through. Pour the pork mixture over rice and serve!

*You can find this recipe in the Bonus Recipes chapter of this book.

**Use canned pineapple or sauté fresh pineapple.

Per Serving

Calories 731
Total Fat 35g
Saturated Fat 18g
Monounsaturated Fat 11.3g
Cholesterol 107mg
Total Carbohydrate 69g
Fiber 3.2g
Sugar 19g
Protein 35g

Essential Amino Acids

Histidine 1.1g
Isoleucine 1.3g
Leucine 2.3g
Lysine 2.6g
Methionine 0.7g
Phenylalanine 1.1g
Threonine 1.3g
Tryptophan 0.3g
Valine 1.6g

Vitamins

Vitamin A 88.8mcg
Vitamin B1 1.1mg
Vitamin B2 0.3mg
Vitamin B3 7.8mg
Vitamin B5 0.6mg
Vitamin B6 0.8mg
Vitamin B7 6.9mcg
Vitamin B9 185.7mcg
Vitamin B12 0.6mcg
Vitamin C 50.4mg
Vitamin D 0.5mcg
Vitamin E 1.3mg
Vitamin K 20.2mcg
Choline 111.6mg

Minerals

Calcium 83.3mg
Copper 0.2mg
Iodine 12.2mcg
Iron 5.3mg
Magnesium 69mg
Manganese 0.16mg
Phosphorus 355.7mg
Potassium 734.9mg
Selenium 52mcg
Sodium 616mg
Zinc 4.7mg

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Hawaiian Chicken

Makes 6 servings

2/3 c. pineapple juice
½ c. brown sugar, unpacked
½ c. ketchup*
Juice from 2 limes
¼ c. soy sauce*
2 T. garlic, minced
2 T. ginger, minced
4 lbs. chicken thighs
½ tsp. Real Salt
½ tsp. ground black pepper

Simmer the first 7 ingredients in a small saucepan until it has been reduced down to 1 ½ cups.

Grease a 6 quart slow cooker with coconut oil. Season the chicken with salt and pepper. Pour the chicken into the slow cooker with ½ c. sauce. Cover and cook on low heat for 4-5 hours.

Heat oven to 425°F. Lay a wire rack over a parchment lined baking sheet. Grease the rack with coconut oil. Lay the chicken skin side up on the rack. Brush with the reserved sauce. Bake for 25 minutes.

*Go for low-sodium ketchup and low-sodium soy sauce.

Per Serving

Calories 466
Total Fat 13g
Saturated Fat 3.3g
Monounsaturated Fat 4.5g
Omega 3 0.14g
Omega 6 2.33g
Cholesterol 284mg
Total Carbohydrate 25g
Sugar 20g
Protein 61g

Essential Amino Acids

Histidine 1.8g
Isoleucine 2.8g
Leucine 5.1g
Lysine 5.6g
Methionine 1.7g
Phenylalanine 2.4g
Threonine 2.8g
Tryptophan 0.67g
Valine 2.9g

Vitamins

Vitamin A 27.4mcg
Vitamin B1 0.3mg
Vitamin B2 0.67mg
Vitamin B3 17.4mg
Vitamin B5 0.09mg
Vitamin B6 1.5mg
Vitamin B9 26.17mcg
Vitamin B12 1.84mcg
Vitamin C 18mg
Vitamin K 10mcg
Choline 171.7mg

Minerals

Calcium 50mg
Copper 0.26mg
Iodine 50.33mcg
Iron 2.95mg
Magnesium 88.17mg

Manganese 0.24mg
Phosphorus 595.25mg
Potassium 928mg
Selenium 70mcg
Sodium 906mg
Zinc 5mg
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Hungarian Red Deer Goulash

Makes 6 servings

1 T. bacon fat
3 lbs. venison, 1 ½" cubes
1 large yellow onion, chopped
1 T. garlic, minced
2 c. beef stock
5 San Marzano tomatoes, chopped
1 large red bell pepper, chopped
5 T. Hungarian mild paprika
1 tsp. Real Salt
½ tsp. ground black pepper

Pour the meat into a glass bowl. Pour whole milk on the meat, just enough to cover.
Chill overnight. The next day, rinse and drain the venison. Pat dry with paper towels.

In a large Dutch oven, heat the bacon fat on medium heat for 2 minutes. Cook the venison, onions and garlic for 5 minutes. Add the stock, cover and drop the heat to very low. Simmer for 2 hours. Add the tomatoes, bell pepper, paprika, salt and black pepper.

Cover and simmer for 1 ½ hours. Serve the goulash with egg noodles. This was one of my favorite dishes during my time as a military chef in Europe.

Per Serving

Calories 344
Total Fat 8.8g
Saturated Fat 3.2g
Monounsaturated Fat 2.61g
Cholesterol 195mg
Total Carbohydrate 9.7g
Fiber 3g
Sugar 2g
Protein 55g
Leucine 4.49g
Lysine 4.60g
Methionine 1.29g
Phenylalanine 2.17g
Threonine 2.49g
Tryptophan 0.01g
Valine 2.49g

Essential Amino Acids
Histidine 2.59g
Isoleucine 2.10g

Vitamins
Vitamin A 184.58mcg
Vitamin B1 0.56mg

Vitamin B2 1.25mg
Vitamin B3 16mg
Vitamin B5 0.24mg
Vitamin B6 1.10mg
Vitamin B7 3.86mcg
Vitamin B9 26.13mcg
Vitamin B12 14.31mcg
Vitamin C 37.5mg
Vitamin E 2.57mg
Vitamin K 8.80mcg
Choline 9.5mg

Minerals

Calcium 52.21mg
Copper 0.68mg
Iodine 10mcg
Iron 9.62mg
Magnesium 78.13mg
Manganese 0.32mg
Phosphorus 526.13mg
Potassium 1,190.77mg
Selenium 23.57mcg
Sodium 687mg
Zinc 5.32mg

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King Crab Gumbo

Makes 6 servings

4 T. ghee
1 large yellow onion, chopped
1 c. celery, chopped
1 c. red bell pepper, chopped
4 T. all-purpose flour
1 lb. king crabmeat, cooked
1 lb. okra, chopped
5 c. canned tomatoes
1 T. garlic, minced
1 T. That Red Stuff
2 c. water

In a large stockpot, sauté the onions, celery and bell pepper in ghee for 10 minutes. Stir in the flour and cook until it is dark brown. This step takes at least 15 minutes. The darker the roux, the less thickening power it will have. Dark roux has significantly more flavor than white roux and brown roux.

Once the roux is dark, add the remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 1 hour.

Per Serving

Calories 283
Total Fat 9.6g
Saturated Fat 5g
Monounsaturated Fat 2.44g
Omega 3 0.36g
Omega 6 0.21g
Cholesterol 60mg
Total Carbohydrate 33g
Fiber 7.7g
Sugar 12g
Protein 21g

Essential Amino Acids

Histidine 0.38g
Isoleucine 0.84g
Leucine 1.36g
Lysine 1.45g
Methionine 0.45g
Phenylalanine 0.76g
Threonine 0.73g
Tryptophan 0.24g
Valine 0.84g

Vitamins

Vitamin A 195.63mcg
Vitamin B1 0.30mg
Vitamin B2 0.31mg
Vitamin B3 5.45mg
Vitamin B5 1.54mg
Vitamin B6 0.66mg
Vitamin B7 8.83mcg
Vitamin B9 124.64mcg
Vitamin B12 8.71mcg
Vitamin C 80mg
Vitamin E 4.96mg
Vitamin K 37.6mcg
Choline 50.5mg

Minerals

Calcium 162mg
Copper 1.60mg
Iodine 6mcg
Iron 5.26mg
Magnesium 147.45mg
Manganese 1.11mg
Phosphorus 369.39mg
Potassium 1,492.95mg
Selenium 33.36mcg
Sodium 1,222mg
Zinc 7.14mg

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Korean Braised Short Ribs

Makes 8 servings

1 T. coconut oil
5 lbs. bone in English style short ribs, meat and bones separated
1 Asian pear, peeled, cored, chopped
½ c. soy sauce*
2 T. garlic, minced
2 T. ginger, minced
3 scallions, sliced
1 T. rice wine vinegar, unseasoned
1 c. chicken stock*
3 T. Minute tapioca
½ tsp. Real Salt
½ tsp. ground black pepper

Sear off the ribs in coconut oil on medium high heat in a large skillet until they are browned all over. Pour the ribs in a 6 quart slow cooker. Blitz the pear, soy, garlic, ginger, scallions and vinegar in a food processor. Pour this over the ribs. Add the tapioca and stock. Cover and cook on low heat for 9-11 hours.

*Go with low-sodium soy sauce and low-sodium chicken stock.

Per Serving

Calories 431
Total Fat 26g

Saturated Fat 12g
Monounsaturated Fat 13.1g
Omega 3 0.04g
Omega 6 0.79g
Cholesterol 166mg
Total Carbohydrate 3.4g
Fiber 0.5g
Sugar 0.4g
Protein 46g

Essential Amino Acids

Histidine 1.48g
Isoleucine 2g
Leucine 3.76g
Lysine 4g
Methionine 1.3g
Phenylalanine 1.78g
Threonine 2g
Tryptophan 0.5g
Valine 2.12g

Vitamins

Vitamin A 9.27mcg
Vitamin B1 0.19mg
Vitamin B2 0.5mg
Vitamin B3 8.37mg
Vitamin B5 1.78mg
Vitamin B6 0.76mg
Vitamin B7 10mcg
Vitamin B9 21mcg
Vitamin B12 7.53mcg
Vitamin C 2.6mg
Vitamin D 0.23mcg
Vitamin E 0.5mg
Vitamin K 23mcg
Choline 175.5mg

Minerals

Calcium 41.82mg
Copper 0.21mg
Iodine 39.75mcg
Iron 6.18mg
Magnesium 63.4mg
Manganese 0.28mg
Phosphorus 461.53mg
Potassium 816mg
Selenium 51mcg
Sodium 985mg
Zinc 18.92mg

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Kung Pao Beef

Makes 4 servings

3 T. coconut oil, divided
1 (15 oz.) can baby corn, drained
1 large red bell pepper, diced
2 scallions, thinly sliced, whites and greens divided
1 T. chopped garlic
1 T. chopped ginger
1 lb. ground beef (or pork)
3 T. Thai chile sauce
3 T. Teriyaki sauce
1 T. coconut sugar
4 c. basmati rice, cooked
½ c. dry roasted peanuts, chopped

In a large skillet, heat 1 T. coconut oil on medium high heat. Add the corn and peppers. Cover and cook for 5-7 minutes. Set aside.

Add 1 T. coconut oil into the skillet. Turn heat down to low heat. Add the scallion whites, garlic and ginger. Cook for 3 minutes.

Turn heat back up to medium high. Add 1 T. coconut oil. Add the beef. Cook and stir until the meat is cooked through. Drain briefly and throw the meat back into the pan. Add the sauces, sugar and ginger mixture. Cook for 2 minutes. Add the corn and peppers. Heat briefly.
Serve with the rice and garnish with scallion greens and peanuts.

Per Serving

Calories 967
Total Fat 70g
Saturated Fat 26g
Monounsaturated Fat 30.7g
Cholesterol 81mg
Total Carbohydrate 63g
Fiber 5g
Sugar 11g
Protein 22g

Essential Amino Acids

Histidine 0.29g
Isoleucine 0.41g
Leucine 0.72g
Methionine 0.23g
Phenylalanine 0.36g
Threonine 0.36g
Tryptophan 0.06g
Valine 0.45g

Vitamins

Vitamin A 50.8mcg
Vitamin B1 0.32mg
Vitamin B2 0.11mg
Vitamin B3 6.6mg
Vitamin B5 0.2mg
Vitamin B6 0.45mg
Vitamin B7 6.95mcg
Vitamin B9 193.3mcg
Vitamin B12 0.77mcg
Vitamin C 43.4mg
Vitamin D 0.34mcg
Vitamin E 1.83mg
Vitamin K 19.6mcg
Choline 66mg

Minerals

Calcium 53.87mg
Copper 0.27mg
Iodine 36mcg
Iron 4.11mg
Magnesium 69.36mg
Phosphorus 224.47mg
Potassium 390.36mg
Selenium 20.38mcg
Sodium 852.18mg
Zinc 2.54mg

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Lobster Gumbo

Makes 10 servings

3 (1 ½ lb.) hard-shell lobsters*
1 ½ lbs. bone-in chicken thighs
1 ½ lbs. andouille sausage
4 T. ghee
4 T. all-purpose flour
3 large yellow onions, chopped
1 c. celery, chopped
2 large red bell peppers, chopped

6 garlic cloves, chopped

¼ c. parsley, chopped
3 lbs. okra, chopped**
2 bay leaves
2 T. Worcestershire sauce

4 T. That Red Stuff, divided
3 quarts chicken stock
3 quarts lobster stock
32 oz. canned San Marzano tomatoes

Boil the lobsters, 1 at a time, in a large pot. For a 1 ½ lb. lobster, cover and boil for 11-12 minutes. To check if it's done, the meat will turn from translucent to white. Repeat for the remaining lobsters. Strain and save the lobster stock. You can save time by thawing out 2 lbs. of cooked lobster, set aside.

Using the same large pot, fill halfway with water and add 2 T. That Red Stuff. Bring to a boil. Once the water boils, drop heat to a simmer. Add the chicken. For boneless chicken thighs, boil for 30 minutes. For bone-in chicken thighs, boil for 45 minutes. The bone-in chicken thighs have way more flavor than boneless chicken thighs, in my opinion!
Pull out the chicken and cool for 15 minutes. Discard the skin and bones. Chop the meat and set aside. Strain and reserve the stock.

In the same large pot, heat the ghee on low heat. Stir in the flour. Cook the roux until it is a deep chocolate brown color. DO NOT BURN! Add the onions, celery, peppers, garlic and parsley. Cook until the vegetables are soft.

Meanwhile, brown the sausage in a skillet. Pour the sausage, okra, Worcestershire sauce, chicken, 2 T. That Red Stuff, bay leaves, chicken stock and lobster stock into the pot. Chop up the tomatoes and add them in. Bring to a boil, then lower heat down to a simmer. The longer it cooks, the better. Scrape the bottom occasionally to prevent scorching. Before serving, chop up the lobster meat and add it to the gumbo. Serve with rice.
*You can use cooked crawfish meat instead of lobster.
**Use fresh or frozen okra.

<u>Per Serving</u>

Calories 381
Total Fat 18g
Saturated Fat 6.9g
Monounsaturated Fat 1.6g
Omega 3 0.12g
Cholesterol 180mg

Total Carbohydrate 26g
Fiber 7g
Sugar 11g
Protein 33g
<u>Essential Amino Acids</u>
Histidine 0.06g

Isoleucine 0.12g
Leucine 0.19g
Lysine 0.16g
Methionine 0.04g
Phenylalanine 0.13g
Threonine 0.13g
Tryptophan 0.03g
Valine 0.16g

Vitamins

Vitamin A 98.28mcg
Vitamin B1 0.28mg
Vitamin B2 0.32mg
Vitamin B3 5.72mg
Vitamin B5 0.69mg
Vitamin B6 0.55mg
Vitamin B7 4.78mcg
Vitamin B9 241mcg
Vitamin B12 0.66mcg
Vitamin C 74.4mg
Vitamin D 0.12mcg
Vitamin E 2.78mg
Vitamin K 101.3mcg
Choline 103.7mg

Minerals

Calcium 233.3mg
Copper 1mg
Iodine 14.58mcg
Iron 3.77mg
Magnesium 118.4mg
Manganese 1.51mg
Phosphorus 272.53mg
Potassium 943.88mg
Selenium 55.8mcg
Sodium 1,379mg
Zinc 4.27mg

ORAC

1,825

Mexican Beef Barbacoa

Makes 10 servings

12 garlic cloves
6 lbs. beef chuck roast
2 T. smoked paprika
2 T. Real Salt
2 T. onion powder
2 T. granulated garlic
2 T. ground cumin
4 c. Taco Simmer Sauce*
1 c. water

Split each garlic clove in half. Pat the chuck roast dry with paper towels. Poke 24 holes into the top layer of fat. Stuff the garlic pieces into each hole. Mix the dry ingredients. Liberally season the meat. Chill overnight.

Lay the roast in your crockpot. Mix the Taco Simmer Sauce with water. Pour all over the meat. Cover and cook on low heat for 9 hours. Shred and serve with corn tortillas.

This recipe is a classic meal for Christmas Eve.

*You can find this recipe in the Superb Sauces chapter of this book.

Per Serving

Calories 379
Total Fat 14g
Saturated Fat 4g
Monounsaturated Fat 7g
Cholesterol 178mg
Total Carbohydrate 6g
Sugar 3g
Protein 53g

Essential Amino Acids

Histidine 1.7g
Isoleucine 2.7g
Leucine 4.6g
Lysine 4.9g
Methionine 1.5g
Phenylalanine 2.2g
Threonine 2.4g
Tryptophan 0.5g
Valine 2.8g

Vitamins

Vitamin B1 0.17mg
Vitamin B2 0.49mg
Vitamin B3 6.97mg
Vitamin B6 0.54mg
Vitamin B7 9mcg
Vitamin B9 18.37mcg
Vitamin B12 6mcg
Vitamin C 3.6mg
Vitamin D 0.2mcg
Vitamin E 0.35mg
Choline 201.7mg

Minerals

Calcium 14.29mg
Copper 0.20mg
Iodine 68mcg
Iron 6.5mg
Magnesium 44mg
Phosphorus 455mg
Potassium 787mg
Selenium 61mcg
Sodium 846mg
Zinc 13mg

ORAC

2,699

Paella

Makes 8 servings

8 boneless skinless chicken thighs
1 lb. Spanish chorizo, sliced
4 c. low-sodium chicken stock
½ tsp. saffron, ground
2 tsp. olive oil*
2 c. yellow onions, chopped
1 T. garlic, minced
2 ½ c. Arborio rice
1 c. frozen peas
2 tsp. paprika
1 tsp. Real salt
1 tsp. ground black pepper

Heat oven to 400°F. In a small saucepan, heat the chicken stock and saffron. Heat a 14.5” cast iron skillet on medium high heat for 4 minutes. Season the chicken with paprika, salt and black pepper. Sear the chicken for 5 minutes per side. Pour the chicken in a bowl and set aside.

Cook the chorizo for 2 minutes. Add the garlic and onions. Cook and stir for 5 minutes. Add the rice and chicken stock. Bring to a boil, stirring often.

Add the peas and chicken. Bake for 20 minutes or until the stock is absorbed and chicken is cooked through.
*You can substitute ghee.

Per Serving

Calories 591
Total Fat 22g
Saturated Fat 7g
Monounsaturated Fat 3.7g
Cholesterol 141mg
Total Carbohydrate 61g
Fiber 1.8g
Sugar 2.6g
Protein 37g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.04g
Leucine 0.07g
Lysine 0.07g
Methionine 0.01g
Phenylalanine 0.04g
Threonine 0.04g
Tryptophan 0.01g
Valine 0.05g

Vitamins

Vitamin A 37.11mcg
Vitamin B1 0.12mg
Vitamin B2 0.18mg
Vitamin B3 4.62mg
Vitamin B5 0.15mg
Vitamin B6 0.39mg
Vitamin B7 7mcg
Vitamin B9 20.39mcg
Vitamin B12 0.29mcg
Vitamin C 6.5mg
Vitamin D 0.14mcg
Vitamin E 0.64mg
Vitamin K 10.9mcg
Choline 56mg

Minerals

Calcium 21.89mg
Copper 0.09mg
Iodine 21.37mcg
Iron 2mg
Magnesium 26.2mg
Manganese 0.17mg
Phosphorus 184.6mg
Potassium 285.88mg
Selenium 19.33mcg
Sodium 1,502mg
Zinc 1.54mg

ORAC

540

Parmesan Garlic Chicken

Makes 4 servings

4 T. Panko breadcrumbs
1 T. garlic powder
½ tsp. Real Salt
1 tsp. dried oregano
1 tsp. dried basil
½ c. mayonnaise
1/3 c. grated Parmesan cheese
4 boneless skinless chicken breast halves (1 ¼ lbs.)

Heat oven to 425°F. Line a baking sheet with parchment paper.

Blitz the breadcrumbs, garlic, salt, oregano and basil together in a small food processor. Pour the crumb mixture onto the baking sheet. Mix the mayo and cheese. Top the chicken with the mayo mixture and coat with the breadcrumbs.

Bake for 20-22 minutes or until the chicken reaches 165°F.

Per Serving

Calories 415
Total Fat 27g
Saturated Fat 5.30g
Monounsaturated Fat 6.20g
Omega 3 1.52g
Omega 6 11.30g
Cholesterol 122mg
Total Carbohydrate 6g
Fiber 0.5g
Protein 35g

Essential Amino Acids

Histidine 1.26g
Isoleucine 1.71g
Leucine 2.91g
Lysine 3.29g
Methionine 0.9g
Phenylalanine 1.44g
Threonine 1.54g
Tryptophan 0.44g
Valine 1.84g

Vitamins

Vitamin A 39mcg
Vitamin B1 0.14mg
Vitamin B2 0.29mg
Vitamin B3 13.65mg
Vitamin B5 2.22mg
Vitamin B6 1.20mg
Vitamin B9 17mcg
Vitamin B12 0.45mcg
Vitamin D 0.10mcg
Vitamin E 1.82mg
Vitamin K 62mcg
Choline 128mg

Minerals

Calcium 89mg
Copper 0.07mg
Iodine 7.5mcg
Iron 1mg
Magnesium 46mg
Manganese 0.07mg
Phosphorus 370mg
Potassium 533mg
Selenium 36mcg
Sodium 682mg
Zinc 1.44mg

ORAC

757

Pasta with Bison Meat Sauce

Makes 6 servings

2 lbs. ground bison*
1 T. Real Salt
¼ c. garlic, finely chopped
48 oz. marinara sauce
2 lbs. cavatappi pasta**

In a medium stockpot, brown the meat on medium high heat. Drain off the fat and water in a colander set over a bowl. Shake for 2 minutes. Pour the meat back into the pot. Season with salt and garlic. Pour in the sauce. Do not add any water. Stir to combine. Bring to a boil.
Turn the heat down to low heat. Cook on low heat for 1 ½ hours uncovered.

Bring 3 quarts of water to a boil in a large stockpot. Pour in the dry pasta. Stir and cook on high heat for 9-11 minutes or until the pasta is al dente. Drain very well. Pour the pasta onto a large baking sheet to cool. Serve the pasta with the meat sauce. Garnish with dried oregano.
For every tsp. of dried oregano, you are adding 3,155 additional ORAC points to your antioxidant bank account.
*You may use ground beef or Italian sausage instead of bison.
**For more fiber, use whole wheat pasta.

Per Serving

Calories 315
Total Fat 9.1g
Saturated Fat 3g
Monounsaturated Fat 2.92g
Omega 3 0.09g
Omega 6 0.66g
Cholesterol 56mg
Total Carbohydrate 33g
Fiber 3.5g
Sugar 6g
Protein 25g

Essential Amino Acids

Histidine 0.70g
Isoleucine 0.93g
Leucine 1.66g
Lysine 1.79g
Methionine 0.52g
Phenylalanine 0.82g
Threonine 0.87g
Tryptophan 0.14g
Valine 1.04g

Vitamins

Vitamin A 35.15mcg
Vitamin B1 0.34mg
Vitamin B2 0.37mg
Vitamin B3 10.24mg
Vitamin B5 0.10mg
Vitamin B6 0.57mg
Vitamin B12 1.84mcg
Vitamin C 3.2mg
Vitamin E 2.92mg
Vitamin K 16.8mcg
Choline 94.5mg

Minerals

Calcium 50.48mg
Copper 0.28mg
Iodine 30mcg
Iron 4.25mg
Magnesium 52.12mg
Manganese 0.19mg
Phosphorus 247.77mg
Potassium 674.35mg
Selenium 45.31mcg
Sodium 729mg
Zinc 4.69mg

ORAC

820

Ponzu Beef & Rice Bowls

Makes 4 servings

2 T. coconut oil
20 oz. ground beef*
¼ c. ponzu sauce
¼ c. soy sauce**
¼ c. sesame dressing
2 T. Thai chile sauce
¼ red cabbage, finely chopped
1 carrot, peeled, finely chopped
2 scallions, finely chopped, divided
2 tsp. ground ginger
4 c. basmati rice, cooked

Separate the scallions, cook the whites and save the greens for garnish. Mix the cabbage, carrots, half of the scallion greens and half of the sesame dressing. Mix well and set aside.

In a large skillet, heat the coconut oil on medium high heat. Add the beef. Cook and break up the meat for 6 minutes. Drain off the excess fat. Add the scallion whites and ginger. Cook and stir for 2 minutes. Add the ponzu sauce, soy sauce, chili sauce and the remaining sesame dressing. Cook and stir for 2 minutes until the mixture thickens.

Divide the rice into 4 bowls. Add the beef and cabbage slaw. Garnish with scallion greens.

*You may substitute ground turkey or ground chicken.

**You may substitute low-sodium soy sauce.

Per Serving

Calories 617
Total Fat 27g
Saturated Fat 13g
Monounsaturated Fat 9g
Cholesterol 100mg
Total Carbohydrate 58g
Fiber 2.8g
Sugar 8.4g
Protein 35g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.05g
Leucine 0.07g
Lysine 0.06g
Methionine 0.01g
Phenylalanine 0.04g
Threonine 0.09g
Tryptophan 0.01g
Valine 0.05g

Vitamins

Vitamin A 295mg
Vitamin B1 0.35mg
Vitamin B2 0.27mg
Vitamin B3 8.7mg
Vitamin B5 0.14mg
Vitamin B6 0.67mg
Vitamin B7 6.5mcg
Vitamin B9 189mcg
Vitamin B12 3mcg
Vitamin C 19.3mg
Vitamin E 0.58mg
Vitamin K 66.4mcg

Choline 102.6mcg

Minerals

Calcium 82.7mg
Copper 0.23mg
Iodine 18mcg
Iron 5.5mg
Magnesium 55.9mg
Manganese 0.44mg
Phosphorus 314.3mg
Potassium 635mg
Selenium 36.8mcg
Sodium 911mg
Zinc 8mg

ORAC

316

Pot Roast

Makes 6 servings

1 T. beef tallow
3 ½ lb. boneless beef chuck eye roast
1 tsp. Real Salt
1 tsp. ground black pepper
1 large yellow onion, chopped
1 large carrot, peeled, chopped
1 large celery rib, chopped
1 T. garlic, minced
2 tsp. granulated sugar
2 c. Roasted Beef Stock
1 bundle fresh thyme
1 ½ c. water
¼ c. Shiraz red wine

Heat oven to 300°F. Season the roast with salt and pepper. Heat the beef tallow in a large Dutch oven on medium high heat. Sear off the roast on all sides, 8-10 minutes. Set aside.

Drop heat to medium heat. Add the onions, carrots and celery. Cook and stir for 6-8 minutes. Add the garlic and sugar, cook for 1 minute. Add the beef stock and thyme. Loosen up the browned bits. Add the roast and water. Cover the pot with parchment paper and the lid. Bring to a simmer and transfer to the oven.

Oven braise for 3 ½ - 4 hours. Cool for 10 minutes. Toss the thyme and skim off the fat. Boil the broth down to 1 ½ cups, 8-10 minutes. Add the wine and boil for 3 minutes.
Season and serve with the beef.

Per Serving

Calories 437
Total Fat 19g
Saturated Fat 7.3g
Monounsaturated Fat 8.7g
Omega 3 0.03g
Omega 6 0.62g

Cholesterol 180mg
Total Carbohydrate 7g
Fiber 1g
Sugar 2g
Protein 57g

Essential Amino Acids

Histidine 1.81g
Isoleucine 2.41g
Leucine 4.55g
Lysine 4.93g
Methionine 1.6g
Phenylalanine 2.14g
Threonine 2.5g
Tryptophan 0.63g
Valine 2.54g

Vitamins

Vitamin A 107.94mcg
Vitamin B1 0.19mg
Vitamin B2 0.51mg
Vitamin B3 13mg
Vitamin B5 1.63mg
Vitamin B6 1.11mg
Vitamin B7 16.33mcg
Vitamin B9 15.96mcg
Vitamin B12 7.7mcg
Vitamin C 3.5mg
Vitamin D 0.27mcg
Vitamin E 0.79mg
Vitamin K 9.5mcg
Choline 190.5mg

Minerals

Calcium 69.12mg
Copper 0.24mg
Iodine 52mcg
Iron 6.28mg
Magnesium 69.24mg
Manganese 0.16mg
Phosphorus 578.75mg
Potassium 1,171mg
Selenium 58.97mcg
Sodium 754.8mg
Zinc 22.11mg

ORAC

619

Pronto Pizzas

Makes 4 servings

4 large whole wheat pita breads*
4 T. pizza sauce
6 oz. sliced pepperoni**
2 c. shredded mozzarella cheese
1 T. dried oregano
1 T. dried basil

Heat oven to 400°F. Top each pita bread with pizza sauce, pepperoni and cheese. Lay the pizza directly on the center rack. Bake until the cheese melts, 5-6 minutes. Bake longer if you want a crispier crust. Garnish with oregano and basil.

*You can also use roasted garlic naan bread from Aldi.

**You may substitute cooked Italian sausage.

Per Serving

Calories 589
Total Fat 36g

Saturated Fat 16g
Monounsaturated Fat 13.8g
Omega 3 0.11g
Omega 6 1.8g
Cholesterol 90mg
Total Carbohydrate 41g
Fiber 5g
Sugar 2g
Protein 29g

Essential Amino Acids

Histidine 0.7g
Isoleucine 1.3g
Leucine 2.2g
Lysine 1.5g
Methionine 0.6g
Phenylalanine 1.2g
Threonine 1.1g
Tryptophan 0.5g
Valine 1.5g

Vitamins

Vitamin A 101.8mcg
Vitamin B1 0.37mg
Vitamin B2 0.35mg
Vitamin B3 4.5mg
Vitamin B5 1.1mg
Vitamin B6 0.41mg
Vitamin B9 35.4mcg
Vitamin B12 1.9mcg
Vitamin C 1.8mg
Vitamin D 0.84mcg
Vitamin E 1.36mg
Vitamin K 52.5mcg
Choline 51mg

Minerals

Calcium 356.7mg
Copper 0.3mg
Iodine 29.6mcg
Iron 4.5mg
Magnesium 78.8mg
Manganese 1.8mg
Phosphorus 401mg
Potassium 383.8mg
Selenium 51.5mcg
Sodium 1,349mg
Zinc 3.9mg

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4,003

Red Tenders

Makes 4 servings

1 ¾ lbs. boneless skinless chicken tenderloins
1 ½ tsp. That Red Stuff seasoning*
2 T. olive oil

Mix the chicken and That Red Stuff in a bowl. Marinate overnight. Heat oven to 375°F. Heat 1 T. of olive oil in a large skillet on medium high heat. Sear off the chicken in 2 batches until they are golden brown on each side using 1 T. olive oil with each batch. Transfer all of the tenders onto a parchment-lined baking sheet.

Bake the chicken for 16-18 minutes or until the juices run clear and it reaches 165°F.

*You can find this recipe in the Bonus Recipes chapter of this book.

Per Serving

Calories 293	Vitamin B3 19mg
Total Fat 12g	Vitamin B5 3mg
Saturated Fat 2g	Vitamin B6 1.6mg
Monounsaturated Fat 5.9g	Vitamin B9 17.8mcg
Omega 3 0.06g	Vitamin B12 0.42mcg
Omega 6 0.67g	Vitamin E 1mg
Cholesterol 145mg	Vitamin K 16.7mcg
Protein 45g	Choline 163mg
Essential Amino Acids	Minerals
Histidine 1.6g	Calcium 10mg
Isoleucine 2.2g	Copper 0.07mg
Leucine 3.7g	Iodine 34mcg
Lysine 4.3g	Iron 0.7mg
Methionine 1.1g	Magnesium 55mg
Phenylalanine 1.8g	Manganese 0.02mg
Threonine 2g	Phosphorus 422mg
Tryptophan 0.5g	Potassium 662mg
Valine 2.3g	Selenium 45mcg
Vitamins	Sodium 825mg
Vitamin A 17mcg	Zinc 1.3mg
Vitamin B1 0.18mg	ORAC
Vitamin B2 0.35mg	233

Roasted Red Salmon

Makes 2 servings

2 (6 oz.) sockeye salmon fillets, thawed*
2 T. ghee
2 T. That Red Stuff seasoning

Heat oven to 375°F. Line a baking sheet with parchment paper. Season the salmon and spread the ghee on top (definitely wear gloves for this one).

Roast the salmon for 15-18 minutes or until the salmon flakes easily with a fork. Thicker salmon fillets may take a bit longer to cook while thinner salmon fillets may take less time to cook.

*You can substitute trout.

Per Serving

Calories 393
Total Fat 24g
Saturated Fat 10g
Monounsaturated Fat 3.17g
Omega 3 1.62g
Omega 6 0.03g
Cholesterol 146mg
Protein 45g

Essential Amino Acids

Histidine 1.20g
Isoleucine 2.16g
Leucine 3.71g
Lysine 4.37g
Methionine 1.45g
Phenylalanine 1.84g
Threonine 2.12g
Tryptophan 0.05g
Valine 2.48g

Vitamins

Vitamin A 98mcg
Vitamin B1 0.26mg
Vitamin B2 0.41mg
Vitamin B3 17.21mg
Vitamin B5 2.16mg
Vitamin B6 1.40mg
Vitamin B9 11.91mcg
Vitamin B12 7.60mcg
Vitamin D 28.41mcg
Vitamin E 1.68mg
Vitamin K 1mcg
Choline 191.5mg

Minerals

Calcium 18mg
Copper 0.13mg
Iodine 84mcg
Iron 0.88mg
Magnesium 61mg
Manganese 0.02mg
Phosphorus 518mg
Potassium 741mg
Selenium 60.38mcg
Sodium 156mg
Zinc 0.94mg

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Sausage, Pasta & Peppers

Makes 6 servings

1 T. ghee, unsalted
5 large red bell peppers, chopped
5 Italian sausage links, raw
1 lb. dry rotini pasta
2 T. extra virgin olive oil
1 T. garlic powder*
1 T. dried thyme
1 T. dried oregano

Heat oven to 375°F. In a large skillet, sauté the peppers in ghee for 12-15 minutes on medium high heat. Set aside.

Add the sausage into a 10” Lodge Cast Iron Skillet. Sear for 3 minutes per side to activate the Maillard reaction. Once both sides are brown, finish in the oven for 15-18 minutes or until the sausage reaches 165℉.

Meanwhile, bring a large stock pot of water to a rolling boil. Add the pasta and cook for 10-12 minutes. Drain well. Slice the sausage. Toss the pasta in a bowl. Add the sausage, peppers, olive oil, garlic, thyme and oregano. You can substitute marinara sauce here instead of olive oil.
*You can also use minced raw garlic instead of garlic powder. Leave for 10 minutes to activate the allicin before consuming.

Per Serving

Calories 625
Total Fat 29g
Saturated Fat 9.6g
Monounsaturated Fat 12.5g
Omega 3 0.20g
Omega 6 3.36g
Cholesterol 65mg
Total Carbohydrate 69g
Fiber 5.8g
Sugar 8.8g
Protein 23g

Essential Amino Acids

Histidine 0.25g
Isoleucine 0.42g
Leucine 0.81g
Lysine 0.29g
Methionine 0.12g
Phenylalanine 0.58g
Threonine 0.41g
Tryptophan 0.01g
Valine 0.50g

Vitamins

Vitamin A 215mcg
Vitamin B1 0.75mg
Vitamin B2 0.62mg
Vitamin B3 11.70mg
Vitamin B5 0.77mg
Vitamin B6 0.54mg
Vitamin B9 361mcg
Vitamin B12 0.84mcg
Vitamin C 174mg
Vitamin E 2.38mg
Vitamin K 16mcg
Choline 20mg

Minerals

Calcium 52mg
Copper 0.31mg
Iron 5.15mg
Magnesium 75mg
Manganese 0.94mg
Phosphorus 292mg
Potassium 669mg
Selenium 57mcg
Sodium 485mg
Zinc 3.10mg

ORAC

2,521

Sausage & Peppers with Roasted Potatoes

Makes 4 servings

1 T. bacon fat
3 large red bell peppers, chopped
1 lb. Polish sausage, cooked, sliced
2 T. ghee, unsalted
2 lbs. potatoes, diced
2 T. That Red Stuff seasoning

Mix the ghee, seasoning and potatoes together in a bowl. Heat your oven to 375°F. Line a baking sheet with parchment paper. Roast the potatoes for 45-50 minutes.

Meanwhile, sweat the peppers in bacon fat on medium heat until they are tender. Set aside.
Sauté the sausage for 4-5 minutes to heat through. Add the bell pepper and cook for 2 minutes.

Per Serving

Calories 691
Total Fat 41g
Saturated Fat 16g
Monounsaturated Fat 15.4g
Cholesterol 105mg
Total Carbohydrate 59g
Fiber 8g
Sugar 2.7g
Protein 21g

Essential Amino Acids

Histidine 0.4g
Isoleucine 0.5g
Leucine 0.9g
Lysine 1g
Methionine 0.4g
Phenylalanine 0.4g
Threonine 0.5g
Tryptophan 0.1g
Valine 0.5g

Vitamins

Vitamin A 2.2mcg
Vitamin B1 0.4mg
Vitamin B2 0.3mg
Vitamin B3 6.8mg
Vitamin B5 0.5mg
Vitamin B6 0.9mg
Vitamin B9 68mcg
Vitamin B12 1.7mcg
Vitamin C 21.8mg
Vitamin D 1.3mcg
Vitamin E 0.11mg
Vitamin K 4.5mcg
Choline 35mg

Minerals

Calcium 42mg
Copper 0.34mg
Iodine 42mg
Iron 3.5mg
Magnesium 77mg
Phosphorus 280mg
Potassium 1,424mg
Selenium 15.7mcg
Sodium 1,383mg
Zinc 3.2mg

ORAC

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Sesame Ginger Chicken

Makes 4 servings

1 T. sesame oil
1 T. coconut oil
¼ c. soy sauce*
2 T. brown sugar
2 T. orange juice, fresh
2 T. hoisin sauce
8 boneless, skinless chicken thighs
1 T. ginger, minced
1 tsp. garlic, minced
1 T. cornstarch + 1 T. water
1 T. sesame seeds, toasted
2 T. scallions, sliced

Heat the sesame oil in a large skillet on medium high heat. Cook the chicken for 4 minutes per side. Grease a 4 quart slow cooker with coconut oil. Add the chicken, soy sauce, sugar, orange juice, hoisin, ginger and garlic. Mix, cover and cook on low heat for 2 ½ hours or until the chicken is tender. Transfer the chicken to a bowl.

Pour the cooking liquid through a sieve into a small saucepan. Bring to a boil on medium high heat. Mix the cornstarch and water. Pour into the soy mixture and whisk to combine. Return to a boil. Cook for 2 minutes to thicken the sauce. Serve with the chicken.

Garnish with sesame seeds and scallions.

*Use low-sodium soy sauce.

Per Serving

Calories 493
Total Fat 20g
Saturated Fat 6.8g
Monounsaturated Fat 6.5g
Omega 3 0.14g
Omega 6 2.35g
Cholesterol 280mg
Total Carbohydrate 13g
Sugar 9g
Protein 61g

Essential Amino Acids

Histidine 1.76g
Isoleucine 2.82g
Leucine 5g
Methionine 1.69g
Phenylalanine 2.36g
Threonine 2.79g
Tryptophan 0.67g
Valine 2.87g

Vitamins

Vitamin A 23mcg
Vitamin B1 0.29mg
Vitamin B2 0.65mg
Vitamin B3 17mg
Vitamin B5 0.03mg
Vitamin B6 1.41mg
Vitamin B9 27.31mcg
Vitamin B12 1.82mcg
Vitamin C 4.4mg
Vitamin E 0.70mg
Vitamin K 15.3mcg
Choline 166.6mg

Minerals

Calcium 60.84mg
Copper 0.26mg
Iodine 45.25mcg
Iron 3.16mg
Magnesium 92.35mg

Manganese 0.12mg	Sodium 989mg
Phosphorus 599mg	Zinc 5mg
Potassium 838mg	ORAC
Selenium 69.46mcg	355

Sesame Pork & Rice Bowls

Makes 4 servings

2 T. coconut oil	2 T. Thai chile sauce
20 oz. ground pork*	¼ red cabbage, finely chopped
1 tsp. Real Salt	1 carrot, peeled, finely chopped
¼ c. ponzu sauce	2 scallions, finely chopped, divided
¼ c. soy sauce**	2 tsp. ground ginger
¼ c. sesame dressing	4 c. basmati rice, cooked

Separate the scallions, cook the whites and save the greens for garnish. Mix the cabbage, carrots, half of the scallion greens and half of the sesame dressing.
Mix well and set aside.

In a large skillet, heat the coconut oil on medium high heat. Add the pork and salt. Cook and break up the meat for 6 minutes. Drain off the excess fat. Add the scallion whites and ginger. Cook and stir for 2 minutes. Add the ponzu sauce, soy sauce, chili sauce and the remaining sesame dressing. Cook and stir for 2 minutes until the mixture thickens.

Divide the rice into 4 bowls. Add the pork and cabbage slaw. Garnish with scallion greens.
*You may substitute ground turkey or ground chicken.
**You may substitute low-sodium soy sauce.

Per Serving

Calories 638	Monounsaturated Fat 10.4g
Total Fat 30g	Cholesterol 100mg
Saturated Fat 14g	Total Carbohydrate 58g

Fiber 2.8g
Sugar 8.4g
Protein 34g

Essential Amino Acids

Histidine 1.1g
Isoleucine 1.3g
Leucine 2.2g
Lysine 2.5g
Methionine 0.7g
Phenylalanine 1.1g
Threonine 1.3g
Tryptophan 0.3g
Valine 1.5g

Vitamins

Vitamin A 294mcg
Vitamin B1 1mg
Vitamin B2 0.3mg
Vitamin B3 7.4mg
Vitamin B5 0.7mg
Vitamin B6 0.6mg
Vitamin B7 6.5mcg
Vitamin B9 184mcg
Vitamin B12 0.5mcg
Vitamin C 20mg
Vitamin D 0.5mcg
Vitamin E 0.6mg
Vitamin K 64.5mcg
Choline 105.5mcg

Minerals

Calcium 78mg
Copper 0.2mg
Iodine 35mcg
Iron 4mg
Magnesium 58.8mg
Manganese 0.4mg
Phosphorus 336.7mg
Potassium 677mg
Selenium 50mcg
Sodium 1,069mg
Zinc 4mg

ORAC

316

Southwest Sweet Potato & Bacon Hash

Makes 4 servings

3 T. ghee, divided
1 T. Real Salt, divided
3 large, sweet potatoes, peeled, diced
1 large red onion, diced
1 large red bell pepper, diced
1 poblano pepper, diced
1 T. smoked paprika
1 T. granulated garlic
2 tsp. ground cumin
10 strips thick-cut bacon, diced*
8 large eggs
½ cup shredded cheddar cheese
2 T. dried chives

Heat oven to 425°F. Line a baking sheet with parchment paper. Mix the sweet potatoes in a bowl with 1 T. ghee and ½ T. salt. Roast for 15 minutes. Mix 1 T. ghee, onions, peppers, paprika, garlic and cumin in a bowl. Pour onto the baking sheet, mix and roast for 15 minutes.

Meanwhile, cook the bacon in a large skillet on medium high heat for 8-10 minutes. Drain the bacon fat and save for another recipe. Set the cooked bacon aside.

Once the bacon is done, heat 1 T. ghee in a small saucepan on medium heat. Mix the eggs and pour into the saucepan. Cook until they are cooked through. Add the cheese and chives.
Mix the bacon into the vegetables. Serve with the cheddar chive eggs.
*Go with nitrate-free bacon.

Per Serving

Calories 639
Total Fat 41g
Saturated Fat 17g
Monounsaturated Fat 14.8g
Omega 3 0.08g
Omega 6 0.02g
Cholesterol 467mg
Total Carbohydrate 42g
Fiber 7.4g
Sugar 14g
Protein 28g

Essential Amino Acids
Histidine 0.37g
Isoleucine 0.79g
Leucine 1.28g
Lysine 1g
Methionine 0.43g
Phenylalanine 0.86g
Threonine 0.72g
Tryptophan 0.23g
Valine 1g

Vitamins
Vitamin A 1,739mcg
Vitamin B1 0.27mg
Vitamin B2 0.83mg
Vitamin B3 6.4mg
Vitamin B5 2.8mg
Vitamin B6 1mg
Vitamin B7 26mcg
Vitamin B9 91.5mcg
Vitamin B12 1.4mcg
Vitamin C 121.8mg
Vitamin D 2.2mcg
Vitamin E 5.3mg
Vitamin K 22mcg
Choline 355mg

Minerals
Calcium 234mg
Copper 0.41mg
Iodine 117mcg
Iron 4mg
Magnesium 80mg
Manganese 0.80mg
Phosphorus 465mg
Potassium 1,158mg
Selenium 44mcg
Sodium 759mg
Zinc 3.4mg

ORAC
2,915

Sri Lankan Chicken Curry

Makes 4 servings

2 lbs. chicken breast, diced
2 T. curry powder
1 T. ground ginger
1 T. Real Salt
2 T. coconut oil, divided*
1 large onion, chopped

3 garlic cloves, chopped
1 (15 oz.) jar Patak Butter Curry Sauce
6 fl. oz. coconut milk
4 c. cooked basmati rice
+ ¼ c. water

Mix the chicken, curry powder, ginger and salt. Chill for at least 2 hours or up to 24 hours for the best flavor. In a large skillet, heat 1 T. coconut oil on medium heat. Cook the onions for 6 minutes or until they are translucent. Add the garlic and cook for 1 minute.
Set this mixture aside.

In the same skillet, heat 1 T. coconut oil on medium high heat. Brown off the chicken for 5 minutes. Add the curry sauce, water and onion mixture. Mix briefly and cover. Cook for 10 minutes. Leave the pan off heat for 5 minutes. Add the coconut milk, stir and serve with rice.
*You may use ghee in place of coconut oil.

Per Serving

Calories 706
Total Fat 28g
Saturated Fat 11g
Monounsaturated Fat 4.4g
Omega 3 0.22g
Cholesterol 129mg
Total Carbohydrate 63g
Fiber 3.2g
Sugar 9g
Protein 49g

Essential Amino Acids

Histidine 1.3g
Isoleucine 2.2g
Leucine 3g
Lysine 3.6g
Methionine 1.1g
Phenylalanine 1.6g
Threonine 1.7g
Tryptophan 0.5g
Valine 2.1g

Vitamins

Vitamin A 90mcg
Vitamin B1 0.58mg
Vitamin B2 0.44mg
Vitamin B3 17.3mg
Vitamin B5 2.2mg
Vitamin B6 1.1mg
Vitamin B7 2mcg
Vitamin B9 165.6mcg
Vitamin B12 1mcg
Vitamin C 13mg
Vitamin D 0.43mcg
Vitamin E 0.5mcg
Vitamin K 4.2mcg
Choline 8.3mg

Minerals

Calcium 148mg
Copper 0.34mg
Iron 4.8mg
Iodine 82.75mcg
Magnesium 75.8mg
Manganese 0.4mg
Phosphorus 505mg
Potassium 670mg
Selenium 44.5mcg
Sodium 869mg
Zinc 3.68mg

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Steak Bites & Sweet Potatoes

Makes 4 servings

2 T. That Red Stuff seasoning
2 (10 oz.) beef ribeye steaks
1 T. bacon fat
2 large, sweet potatoes
2 T. butter, unsalted
1 tsp. ground cinnamon

Preheat the oven to 425°F. Line a baking sheet with parchment paper. Poke several holes into each sweet potato. Bake for 1 hour or until the sweet potatoes are tender. Slice with a sharp knife and set aside. Before serving, add the butter and cinnamon.

Heat the bacon fat in a 10” cast iron skillet on medium heat. Wait for 2 minutes. Pat the steaks dry with paper towels. Sear the steaks for 2 minutes per side. Set the pan aside.
Chop the steak into small bites. Discard the gristle and silver skin. Toss the steak bites in a small bowl with That Red Stuff seasoning.

Reheat the pan for 2 minutes on medium high heat. Toss the bites back into the pan. Cook for 30-60 seconds. I like my steak bites on the medium rare side. DO NOT OVERCOOK. Serve with sweet potatoes.

Per Serving

Calories 547
Total Fat 37g
Saturated Fat 18g
Monounsaturated Fat 1.44g
Omega 3 2.2g
Omega 6 3g
Cholesterol 113mg
Total Carbohydrate 26g
Fiber 4.5g
Sugar 7.3g
Protein 29g

Essential Amino Acids

Histidine 2.36g
Isoleucine 3.02g
Leucine 5.5g
Lysine 6.14g
Methionine 1.72g
Phenylalanine 2.56g
Threonine 3.04g
Tryptophan 0.72g
Valine 3.2g

Vitamins

Vitamin A 1,071.7mcg
Vitamin B1 0.12mg
Vitamin B2 0.12mg
Vitamin B3 1.83mg
Vitamin B6 0.35mg
Vitamin B9 8.26mcg
Vitamin C 22.6mg
Vitamin E 0.84mg
Vitamin K 2.9mcg
Choline 18mg

Minerals
Calcium 51.16mg
Copper 0.23mg
Iron 3.49mg
Magnesium 33.29mg
Manganese 0.11mg
Phosphorus 66.22mg
Potassium 564.45mg
Selenium 0.26mcg
Sodium 283.38mg
Zinc 7.05mg
ORAC
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Sweet & Sour Chicken

Makes 6 servings

1 medium yellow onion, chopped
1/3 c. granulated sugar
1/3 c. ketchup
¼ c. orange juice
3 T. cornstarch
3 T. apple cider vinegar
2 T. soy sauce
1 T. ginger, minced
1 lb. boneless, skinless chicken thighs
2 (8 oz) cans pineapple chunks, drained*
2 large red bell peppers, chopped

Pour everything in a 6 quart slow cooker. Cover and cook on low heat for 6 hours.
*Drink the juice!

Per Serving
Calories 218
Total Fat 3.4g
Saturated Fat 0.9g
Monounsaturated Fat 1.1g
Omega 3 0.03g
Omega 6 0.58g
Cholesterol 71mg
Total Carbohydrate 31g
Fiber 2.3g
Sugar 26g
Protein 17g
Essential Amino Acids
Histidine 0.45g
Isoleucine 0.72g
Leucine 1.28g
Lysine 1.42g
Methionine 0.42g
Phenylalanine 0.62g
Threonine 0.72g
Tryptophan 0.17g
Valine 0.74
Vitamins
Vitamin A 97.55mcg
Vitamin B1 0.17mg
Vitamin B2 0.25mg
Vitamin B3 5.27mg

Vitamin B5 0.19mg
Vitamin B6 0.59mg
Vitamin B7 2.66mcg
Vitamin B9 38.86mcg
Vitamin B12 0.46mcg
Vitamin C 83mg
Vitamin E 1.25mg
Vitamin K 5.5mcg
Choline 51mg

Minerals

Calcium 30mg
Copper 0.15mg
Iodine 12.8mcg
Iron 1.43mg
Magnesium 46.9mg
Manganese 0.10mg
Phosphorus 182.32mg
Potassium 558.49mg
Selenium 17.88mcg
Sodium 272.5mg
Zinc 1.55mg

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Teriyaki Chicken

Makes 8 servings

1 T. coconut oil
4 lbs. boneless, skinless chicken thighs
1 T. garlic, minced
1 T. ginger, minced
¼ c. + 1 ½ T. water
1/3 c. low sodium soy sauce
¼ c. apple juice
1 T. rice wine vinegar
2 T. unsulfured molasses
3 T. raw honey
2 tsp. cornstarch
1 tsp. dark sesame oil
2 scallions, thinly sliced

Heat the oil in a large skillet on high heat. Brown off the chicken 3 minutes per side. Pour into a 6 quart slow cooker. Sauté the garlic and ginger on medium high for 30 seconds. Add ¼ c. water and loosen up the browned bits. Add the soy, apple juice, vinegar, molasses and honey. Pour over the chicken. Cover and slow cook on low heat for 6 hours.

Pour the cooking liquid into a medium saucepan. Bring to a boil. Reduce by half on medium high heat. Dissolve the cornstarch in 1 ½ T. water and add in. Cook for 3 minutes. Serve the sauce with chicken and garnish with scallions.

Per Serving

Calories 509
Total Fat 27g

Saturated Fat 7.8g
Monounsaturated Fat 11g
Cholesterol 290mg
Total Carbohydrate 12g
Sugar 11g
Protein 56g

Essential Amino Acids

Histidine 1.42g
Isoleucine 2.19g
Leucine 3.94g
Lysine 4.48g
Methionine 1.38g
Phenylalanine 1.79g
Threonine 1.68g
Tryptophan 0.44g
Valine 2.38g

Vitamins

Vitamin A 31mcg
Vitamin B1 0.13mg
Vitamin B2 0.56mg
Vitamin B3 12.55mg
Vitamin B5 0.05mg
Vitamin B6 0.47mg
Vitamin B9 25mcg
Vitamin B12 1mcg
Vitamin C 1.7mg
Vitamin E 1.16mg
Vitamin K 6.6mcg
Choline 159.2mg

Minerals

Calcium 48.39mg
Copper 0.22mg
Iodine 34mcg
Iron 2.69mg
Magnesium 68.8mg
Manganese 0.10mg
Phosphorus 513mg
Potassium 732.32mg
Selenium 53.59mg
Sodium 1,145.52mg
Zinc 4.67mg

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Turkey & Wild Rice Soup

Makes 8 servings

2 large yellow onions, minced
4 garlic cloves, minced
1 T. tomato paste
2 tsp. dried thyme, crushed
1 T. olive oil
8 c. chicken stock, low sodium
3 medium carrots, peeled, sliced
2 large celery stalks, sliced
2 bay leaves
2 lbs. bone in turkey thighs, skinned
½ tsp. Real Salt
½ tsp. ground black pepper
1 c. wild rice

2 T. parsley, chopped

Sauté the onions, garlic, tomato paste and thyme with the olive oil for 5 minutes on medium high heat. Dump this mixture into your slow cooker. Add the stock, carrots, celery and bay leaves. Season the turkey with salt and pepper and add in. Cover and cook on low heat for 6-8 hours.

Chop the turkey meat and set aside. Toss the bay leaves. Add the rice, cover and cook for 40 minutes. Add the turkey meat and parsley.

Per Serving

Calories 336
Total Fat 9.1g
Saturated Fat 2g
Monounsaturated Fat 3.52g
Omega 3 0.05g
Omega 6 0.65g
Cholesterol 96mg
Total Carbohydrate 31g
Fiber 3.1g
Sugar 7.4g
Protein 33g

Essential Amino Acids

Histidine 0.81g
Isoleucine 1g
Leucine 2.18g
Lysine 2.58g
Methionine 0.74g
Phenylalanine 1g
Threonine 1.17g
Tryptophan 0.33g
Valine 1g

Vitamins

Vitamin A 224.71mcg
Vitamin B1 0.21mg
Vitamin B2 0.64mg
Vitamin B3 12.57mg
Vitamin B5 1.85mg
Vitamin B6 0.88mg
Vitamin B7 4mcg
Vitamin B9 50.66mcg
Vitamin B12 2.46mcg
Vitamin C 7.4mg
Vitamin D 0.57mcg
Vitamin K 30mcg
Choline 121.8mg

Minerals

Calcium 48.63mg
Iodine 51.75mcg
Iron 3.16mg
Magnesium 80.7mg
Manganese 0.44mg
Phosphorus 380mg
Potassium 847.51mg
Selenium 30.83mcg
Sodium 594.4mg
Zinc 5mg

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Venison Meatballs & Marinara

Makes 8 servings

½ c. cold bacon fat
1 lb. ground venison*
1 lb. ground Italian sausage
2 tsp. Real Salt
2 tsp. granulated garlic
24 oz. marinara sauce

Mix the first 5 ingredients in a bowl. Shape into meatballs.** Chill overnight.

Heat your oven to 375°F. Line a baking sheet with parchment paper. Heat a large skillet on medium high heat. Brown the meatballs on all sides. Pour the meatballs onto the baking sheet.

Bake for 20-25 minutes or until the meatballs reach 165°F.
Warm up the marinara sauce in a small saucepan. Serve with the meatballs.
*You may use ground beef, elk or bison instead of venison.
**You may stuff the meatballs with mozzarella cheese.

Per Serving

Calories 385
Total Fat 28g
Saturated Fat 9.8g
Monounsaturated Fat 11.57g
Cholesterol 94mg
Total Carbohydrate 7.4g
Fiber 1.5g
Protein 26g

Essential Amino Acids

Histidine 0.52g
Isoleucine 0.69g
Leucine 1.23g
Lysine 1.33g
Methionine 0.39g
Phenylalanine 0.61g
Threonine 0.65g
Tryptophan 0.10g
Valine 0.77g

Vitamins

Vitamin A 32.04mcg
Vitamin B1 0.29mg
Vitamin B2 0.35mg
Vitamin B3 10.27mg
Vitamin B5 0.54mg
Vitamin B6 0.58mg
Vitamin B9 20.7mcg
Vitamin B12 1.89mcg
Vitamin C 1.7mg
Vitamin D 0.73mcg
Vitamin E 2.33mg
Vitamin K 14.4mcg
Choline 104.5mg

Minerals

Calcium 37.42mg
Copper 0.2mg
Iodine 15mcg
Iron 3.14mg
Magnesium 39.12mg
Manganese 0.12mg
Phosphorus 235.87mg
Potassium 664.52mg
Selenium 28.74mcg
Sodium 878.48mg
Zinc 4.57mg

ORAC

600

Wild Alaskan Salmon with Brown Rice & Broccoli

Makes 2 servings

2 (6 oz.) fillets wild Alaskan sockeye salmon, thawed
2 T. ghee, unsalted
1 T. coconut oil
1 head broccoli, chopped
2 c. brown rice, cooked

Heat oven to 375°F. Line a baking sheet with parchment paper. Rub each fillet with 1 T. ghee. You can add your favorite seasoning or leave it plain if you are watching your sodium intake. Roast for 15-18 minutes. Thicker salmon fillets may take a bit longer to cook while thinner salmon fillets may take less time to cook.

Meanwhile, heat the coconut oil in a wok or large skillet on medium high heat. Stir-fry the broccoli briefly until it is crisp-tender. Serve the salmon with rice and broccoli.

Per Serving

Calories 794
Total Fat 37g
Saturated Fat 17g
Monounsaturated Fat 10.4g
Omega 3 1.62g
Omega 6 0.14g
Cholesterol 140mg
Total Carbohydrate 64g
Fiber 7.3g
Sugar 6.2g
Protein 55g

Essential Amino Acids

Histidine 1.2g
Isoleucine 2.1g
Leucine 3.7g
Lysine 4.3g
Methionine 1.4g
Phenylalanine 1.8g
Threonine 2.1g
Tryptophan 0.5g
Valine 2.4g

Vitamins

Vitamin A 264.2mcg
Vitamin B1 0.7mg
Vitamin B2 0.7mg
Vitamin B3 23.1mg
Vitamin B5 2.1mg
Vitamin B6 1.8mg
Vitamin B9 115.8mcg
Vitamin B12 7.6mcg
Vitamin C 122.4mg
Vitamin E 4.23mg
Vitamin K 172.1mcg
Choline 242.7mg

Minerals

Calcium 103.5mg
Copper 0.4mg
Iodine 48mcg
Iron 3.1mg
Magnesium 170mg
Phosphorus 825.3mg
Potassium 1,422.4mg
Selenium 75.7mcg
Sodium 980.6mg
Zinc 2.9mg

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4,377

Sidekicks

Alaskan King Crab Cakes

Makes 6 servings

4 T. butter, unsalted, divided
¼ c. yellow onion, minced
¼ c. celery, minced
1 garlic clove, minced
1 lb. Alaskan King crab meat
1 large egg
¼ c. heavy cream
¼ tsp. grated lemon zest
2 T. Dijon mustard
1 T. parsley, chopped
1 T. fresh dill, chopped
½ tsp. Real Salt, divided
½ tsp. ground black pepper
1/3 c. saltine cracker meal, reduced sodium
1 T. olive oil

Line a baking sheet with parchment. Melt 1 T. butter in a small skillet. Sauté the onion, celery and garlic for 5 minutes on medium heat. Add ¼ tsp. Real Salt. Pour into a bowl. Add the crab meat and mix together.

In a small bowl, mix the egg, cream, lemon zest, mustard, parsley, dill, ¼ tsp. salt and black pepper. Toss the egg mixture with the crab. Stir in the cracker meal. Shape into 1 ½" patties. Lay on the baking sheet, cover and chill for 1 hour.

Heat oven to 200°F. Coat the crab cakes with cracker meal. Heat a large skillet on medium heat with 3 T. butter and 1 T. olive oil. Cook the crab cakes for 2 minutes per side. Keep warm in the oven while you cook the remaining crab cakes. Serve with Remoulade.

Per Serving

Calories 228
Total Fat 16g
Saturated Fat 7.8g
Monounsaturated Fat 5.27g
Omega 3 0.38g
Omega 6 0.44g
Cholesterol 103mg
Total Carbohydrate 3.4g
Protein 16g

Essential Amino Acids

Histidine 0.33g
Isoleucine 0.78g
Leucine 1.29g
Lysine 1.37g
Methionine 0.45g
Phenylalanine 0.69g
Threonine 0.65g
Tryptophan 0.22g
Valine 0.78g

Vitamins

Vitamin A 130.91mcg
Vitamin B1 0.06mg
Vitamin B2 0.11mg
Vitamin B3 1.20mg

Vitamin B5 0.50mg
Vitamin B6 0.16mg
Vitamin B7 2mcg
Vitamin B9 52.11mcg
Vitamin B12 8.80mcg
Vitamin C 7.8mg
Vitamin D 0.33mcg
Vitamin E 0.76mg
Vitamin K 14.3mcg
Choline 28.9mg

Minerals

Calcium 67.17mg
Copper 0.90mg
Iodine 48.16mcg
Iron 1mg
Magnesium 52.14mg
Manganese 0.08mg
Phosphorus 243.87mg
Potassium 271.91mg
Selenium 33.46mcg
Sodium 1,139mg
Zinc 5.95mg

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277

Aromatic Rice

Makes 4 servings

1 ½ c. white basmati rice, rinsed, drained
1 lemongrass stalk, split and crushed
¼ c. ginger, sliced
3 c. water

Pour the rice, lemongrass, ginger and water into a rice cooker. Cook for 15-20 minutes.

Per Serving

Calories 275
Total Carbohydrate 60g
Fiber 1g
Protein 5.7g

Essential Amino Acids

Histidine 0.13g
Isoleucine 0.24g
Leucine 0.46g
Lysine 0.20g
Phenylalanine 0.30g
Threonine 0.20g
Tryptophan 0.06g
Valine 0.34g

Vitamins

Vitamin B1 0.04mg
Vitamin B2 0.03mg
Vitamin B3 0.87mg
Vitamin B5 0.82mg
Vitamin B6 0.20mg
Vitamin B9 6.9mg
Choline 6mg

Minerals

Calcium 21.7mg
Copper 0.15mg
Iron 0.46mg
Magnesium 27.5mg
Manganese 1mg
Phosphorus 91.5mg
Potassium 97.7mg
Selenium 15.6mcg
Sodium 2.8mg
Zinc 1mg

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897

Bison Empanadas

Makes 8 servings

Filling

1 T. olive oil
¼ c. onion, chopped
1 lb. ground bison
1 T. garlic, minced
1 T. chili powder
1 T. ground cumin
1 T. Real Salt

Dough

2 c. all-purpose flour
2 tsp. baking powder
1 ½ tsp. Real Salt
1/3 c. lard
1/3 c. ice water
2 T. ghee, melted

In a large skillet, sauté the onions in olive oil for 3 minutes on medium high heat. Add the bison, garlic, chili powder, cumin and salt. Cook and stir for 5-7 minutes. Drain and cool. Chill for 2 hours.

For the dough, sift the flour, baking powder and salt. Cut in the lard by mixing with your hands until the mixture resembles coarse crumbs. Sprinkle in the ice water, just enough to form a dough. Knead briefly. Cover and rest for 10 minutes. Roll out the dough on a lightly floured cutting board. Cut out 3-4” circles with a biscuit cutter or a cup.

Heat oven to 400°F. Fill each shell with 2 oz. filling. Fold over and seal the edges with a fork. Poke a few holes on top to allow the steam to escape. Brush on the melted ghee.
Bake for 10 minutes.

Per Serving

Calories 302
Total Fat 15g
Saturated Fat 5.2g
Monounsaturated Fat 6.74g
Cholesterol 39mg
Total Carbohydrate 26g
Sugar 1g

Protein 16g

Essential Amino Acids

Histidine 0.42g
Isoleucine 0.56g
Leucine 1g
Lysine 1g
Methionine 0.31g

Phenylalanine 0.49g
Threonine 0.52g
Tryptophan 0.08g
Valine 0.62g

Vitamins

Vitamin A 17mcg
Vitamin B1 0.38mg
Vitamin B2 0.28mg
Vitamin B3 5.22mg
Vitamin B6 0.28mg
Vitamin B9 7.49mcg
Vitamin B12 1.1mcg
Vitamin C 1mg
Vitamin D 0.21mcg
Vitamin E 0.81mg
Vitamin K 4.4mcg

Choline 54mg

Minerals

Calcium 79.76mg
Copper 0.16mg
Iodine 22.49mcg
Iron 4.13mg
Magnesium 28.57mg
Manganese 0.30mg
Phosphorus 244.93mg
Potassium 401mg
Selenium 22.15mcg
Sodium 867mg
Zinc 3mg

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Bison Gyoza

Makes 8 servings

¼ c. carrots, minced
½ c. yellow onions, minced
1 T. sesame oil
2 T. minced garlic
2 T. minced ginger
¼ tsp. ground cinnamon
1 lb. ground bison*
2 egg yolks
2 T. Thai chile sauce
½ c. kimchi, drained, chopped
48 wonton wrappers
1 T. coconut oil

Cook the onions and carrots in sesame oil on medium heat until they are translucent. Add the ginger, garlic and cinnamon, cook for 2 minutes. Cool completely. Mix with bison, egg yolks, Thai chile sauce and kimchi. Stuff the wontons with the bison mixture. Seal the edges with water and pinch the wontons together. Repeat with the remaining wonton wrappers. If you have time, freeze them before cooking.

Heat a large skillet on medium high heat. Add the coconut oil. Cook the gyoza in 4-5 batches until they are browned on all sides, about 3 minutes. Add all of the gyoza into the skillet. Add ¼ cup water and cover. Steam for 4-5 minutes. Serve with Tangerine Teriyaki Sauce.

*You may substitute ground pork.

Per Serving

Calories 282
Total Fat 9.4g
Saturated Fat 3.8g
Monounsaturated Fat 2.9g
Omega 3 0.01g
Omega 6 0.03g
Cholesterol 82mg
Total Carbohydrate 32g
Fiber 1.4g
Sugar 1.3g
Protein 17g

Essential Amino Acids

Histidine 0.54g
Isoleucine 0.77g
Leucine 1.38g
Lysine 1.22g
Methionine 0.41g
Phenylalanine 0.75g
Threonine 0.69g
Tryptophan 0.15g
Valine 0.86g

Vitamins

Vitamin A 48mcg
Vitamin B1 0.34mg
Vitamin B2 0.36mg
Vitamin B3 5.7mg
Vitamin B5 0.16mg
Vitamin B6 0.30mg
Vitamin B9 83mcg
Vitamin B12 1.2mcg
Vitamin C 2.6mg
Vitamin D 0.23mcg
Vitamin E 0.27mg
Vitamin K 5.5mcg
Choline 86.2mg

Minerals

Calcium 45mg
Copper 0.16mg
Iodine 6.75mcg
Iron 3.63mg
Magnesium 25.5mg
Manganese 0.38mg
Phosphorus 176mg
Potassium 287mg
Selenium 27.6mcg
Sodium 385mg
Zinc 3.13mg

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Boston Baked Beans

Makes 10 servings

2 c. dried Great Northern or Navy beans
6 c. water
½ yellow onion, chopped
4 oz. thick cut bacon, chopped*
½ c. unsulfured molasses
½ c. maple syrup
1 tsp. ground mustard
1/8 tsp. ground cloves
1/8 tsp. ground ginger
2 tsp. Real Salt

Rinse and sort the beans. Soak the beans overnight with enough water to cover.

The following day, drain, rinse and pour the beans into a slow cooker. Add the water. Add the onions, bacon, molasses, maple, mustard, cloves and ginger. Cover and cook on low heat for 8 hours. Leave the lid ajar for the last 30 minutes. Add salt before serving.
*Go with nitrate-free bacon.

Per Serving

Calories 262
Total Fat 4.7g
Saturated Fat 1.6g
Monounsaturated Fat 1.8g
Omega 3 0.03g
Omega 6 0.59g
Cholesterol 7.5mg
Total Carbohydrate 47g
Fiber 7.6g
Sugar 23g
Protein 9.7g

Essential Amino Acids

Histidine 0.22g
Isoleucine 0.35g
Leucine 0.64g
Lysine 0.55g
Methionine 0.12g
Phenylalanine 0.43g
Threonine 0.33g
Tryptophan 0.09g
Valine 0.42g

Vitamins

Vitamin B1 0.28mg
Vitamin B2 0.29mg
Vitamin B3 1.35mg
Vitamin B5 0.60mg
Vitamin B6 0.30mg
Vitamin B9 176.74mcg
Vitamin B12 0.06mcg
Vitamin C 2.5mg
Vitamin E 0.14mg
Vitamin K 2.2mcg
Choline 8.1mg

Minerals

Calcium 117mg
Copper 0.4mg
Iodine 24.8mcg
Iron 2.9mg
Magnesium 116mg
Manganese 1.27mg
Phosphorus 192mg
Potassium 825mg
Selenium 10.5mcg
Sodium 522mg
Zinc 1.28mg

ORAC

325

Boursin Mashed Potatoes

Makes 6 servings

3 lbs. potatoes, peeled and chopped
12 garlic cloves, peeled, smashed
1 (5.3 oz) pkg. Boursin cheese
1 c. whole milk, raw
½ stick butter, unsalted
1 tsp. Real Salt
2 T. minced chives

Pour the potatoes and garlic into a medium stockpot. Fill with cold water and cover. Cook on high heat until it comes to a boil. Uncover and boil for 20-22 minutes or until the potatoes are fork tender. Drain thoroughly in a large colander. Pour the potatoes and garlic back into the stockpot. Add the cheese, milk, butter, salt and chives. Mash with a potato masher.

Per Serving

Calories 411
Total Fat 26g
Saturated Fat 17g
Monounsaturated Fat 4.4g
Cholesterol 75mg
Total Carbohydrate 42g
Fiber 4.5g
Sugar 3.8g
Protein 7.3g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.15g
Leucine 0.22g
Lysine 0.24g
Methionine 0.07g
Phenylalanine 0.18g
Threonine 0.14g
Tryptophan 0.04g
Valine 0.23g

Vitamins

Vitamin A 17mcg
Vitamin B1 0.18mg
Vitamin B2 68.4mg
Vitamin B3 37.2mg
Vitamin B5 0.65mg
Vitamin B6 19.5mg
Vitamin B7 0.77mcg
Vitamin B9 32.4mcg
Vitamin B12 0.18mcg
Vitamin C 44.3mg
Vitamin D 1.58mcg
Vitamin K 8.3mcg
Choline 26.7mg

Minerals

Calcium 109.5mg
Copper 0.25mg
Iodine 34.8mcg
Iron 1.8mg
Magnesium 49.7mg
Manganese 0.42mg
Phosphorus 128mg
Potassium 910.5mg
Selenium 1.7mcg
Sodium 481.5mg
Zinc 0.7mg

ORAC

3,273

Braised Red Cabbage

Makes 6 servings

1 T. olive oil
2 lbs. red cabbage, cored, thinly sliced
4 slices bacon, chopped*
1 large yellow onion, minced
1 tsp. dried thyme
¼ tsp. ground cinnamon
½ tsp. caraway seeds

½ tsp. ground allspice
1 ½ c. apple cider, divided
1 T. brown sugar
3 bay leaves
2 T. apple cider vinegar

Heat the oil in a large skillet on medium high heat. Sauté the cabbage for 10 minutes. Pour into a 6 quart slow cooker. Cook the bacon for 5 minutes. Add the onions, thyme, cinnamon, caraway and allspice. Cook for 8 minutes, stir frequently. Deglaze with ½ c. cider to loosen up the browned bits.

Pour this over the cabbage. Add the remaining cider, sugar, bay leaves and vinegar. Cover and cook on low heat for 4-6 hours. Serve with pork dishes!
*Go with nitrate-free bacon.

Per Serving

Calories 183
Total Fat 9.6g
Saturated Fat 2.7g
Monounsaturated Fat 4.65g
Omega 3 0.05g
Omega 6 0.98g
Cholesterol 12mg
Total Carbohydrate 22g
Fiber 5g
Sugar 13g
Protein 5g

Essential Amino Acids

Histidine 0.03g
Isoleucine 0.05g
Leucine 0.07g
Lysine 0.07g
Methionine 0.02g
Phenylalanine 0.05g
Threonine 0.06g
Tryptophan 0.02g
Valine 0.07g

Vitamins

Vitamin A 87mcg
Vitamin B1 0.16mg
Vitamin B2 0.13mg
Vitamin B3 1.45mg
Vitamin B5 0.33mg
Vitamin B6 0.38mg
Vitamin B7 2.66mcg
Vitamin B9 27.8mcg
Vitamin B12 0.09mcg
Vitamin C 89mg
Vitamin D 0.07mcg
Vitamin E 0.60mg
Vitamin K 62.2mcg
Choline 36mg

Minerals

Calcium 88mg
Copper 0.06mg
Iodine 2.75mcg
Iron 1.73mg
Magnesium 33mg
Manganese 0.50mg
Phosphorus 90mg
Potassium 518mg
Selenium 4.78mcg
Sodium 184mg
Zinc 0.63mg

ORAC

5,377

Broccoli Boursin Risotto Fritters

Makes 6 servings

5 ½ c. low-sodium chicken stock
2 T. olive oil
1/3 c. shallots, minced
1 ½ c. Arborio rice (short grain Italian rice)
1 lb. broccoli, cut into small florets
1 (5.3 oz.) pkg. Boursin cheese
1/3 c. mascarpone cheese
2 T. minced chives

Heat stock just below a simmer on medium heat. In a medium saucepot, heat the olive oil on medium high heat. Sauté the shallots until they are translucent, 2-3 minutes. Add the rice and toast for 2 minutes.

Stir in ½ c. stock. Continue to stir in ½ cup additions of stock. Stir constantly. The rice should be al dente, but not crunchy, after 25 minutes. Stir in the broccoli, cheeses, and chives off heat. Pour the risotto into a greased baking sheet (the large surface area helps hot food cool down quickly; this works well for cooling down quinoa too).

For the Risotto Fritters:

1 c. all-purpose flour
3 large eggs, beaten
2 c. panko breadcrumbs
2 T. ghee

Shape the risotto into ¾" cakes. Lay them on a parchment lined baking sheet. Set up three shallow dishes with flour, eggs and panko, in that order. Dredge the fritters in flour, egg and panko. Set aside on a baking sheet.

Heat a large skillet on medium high heat. Add the ghee and add the fritters. Brown off the fritters in batches. Each batch should take 5 minutes. Be sure to turn once to ensure even browning. This makes a great vegetarian entrée or even a great side dish to roast chicken.

Per Serving

Calories 739
Total Fat 33g
Saturated Fat 18g
Monounsaturated Fat 5.6g
Omega 3 0.03g
Omega 6 0.39g
Cholesterol 171mg
Total Carbohydrate 89g
Fiber 3.5g
Protein 20g

Essential Amino Acids

Histidine 0.21g
Isoleucine 0.39g
Leucine 0.69g
Lysine 0.47g
Methionine 0.21g

Phenylalanine 0.46g
Threonine 0.34g
Tryptophan 0.11g
Valine 0.54g

Vitamins

Vitamin A 67.8mcg
Vitamin B1 0.37mg
Vitamin B2 0.37mg
Vitamin B3 5.9mg
Vitamin B5 1.3mg
Vitamin B6 0.48mg
Vitamin B7 5.5mcg
Vitamin B9 78.4mcg
Vitamin B12 0.22mcg
Vitamin C 69mg
Vitamin D 0.50mcg
Vitamin E 1.6mg
Vitamin K 82mcg
Choline 111.7mg

Minerals

Calcium 134mg
Copper 0.32mg
Iodine 13.7mcg
Iron 3mg
Magnesium 52mg
Manganese 1mg
Phosphorus 246mg
Potassium 625mg
Selenium 28mcg
Sodium 691mg
Zinc 1.8mg

ORAC

1,704

Buttermilk Biscuits

Makes 8 servings

2 c. all-purpose flour
1 T. baking powder
1 tsp. baking soda
1 tsp. granulated sugar
1 tsp. Real Salt
7 T. butter, unsalted, cubed, cold
¾ c. buttermilk
1 T. milk + 1 T. melted butter

Heat oven to 425°F. Line a baking sheet with parchment. Mix the dry ingredients and add the butter. Process with a food processor until the butter is pea sized. Add the buttermilk and process briefly to combine.

Pat the dough out into a ½” thick rectangle. Fold into thirds. Repeat. Pat the dough into a 5”x8”x3/4” rectangle. With a biscuit cutter or a coffee mug, cut out your biscuits. Transfer to a baking sheet. Mix the milk and melted butter. Brush all the biscuits with the butter mixture. Bake for 15 minutes.

Per Serving

Calories 233
Total Fat 13g
Saturated Fat 7.6g
Monounsaturated Fat 3.51g
Omega 3 0.04g
Omega 6 0.31g
Cholesterol 33mg
Total Carbohydrate 25g
Sugar 1.7g
Protein 5.3g

Essential Amino Acids
Histidine 0.02g
Isoleucine 0.04g
Leucine 0.08g
Lysine 0.07g
Methionine 0.02g
Phenylalanine 0.04g
Threonine 0.03g
Tryptophan 0.01g
Valine 0.05g

Vitamins
Vitamin A 107.93mcg
Vitamin B1 0.30mg
Vitamin B2 0.18mg
Vitamin B3 2.07mg
Vitamin B5 0.10mg
Vitamin B6 0.03mg
Vitamin B9 1.58mcg
Vitamin B12 0.13mcg
Vitamin D 0.30mcg
Vitamin E 0.35mg
Vitamin K 1.10mcg
Choline 6.1mg

Minerals
Calcium 116.98mg
Copper 0.07mg
Iodine 7.5mcg
Iron 1.89mg
Magnesium 14.32mg
Manganese 0.24mg
Phosphorus 190.39mg
Potassium 263.41mg
Selenium 11.37mcg
Sodium 450.64mg
Zinc 0.44mg

ORAC
102

Cast Iron Cornbread

Makes 8 servings

1 c. yellow cornmeal*
1 c. all-purpose flour
2 T. granulated sugar, optional
1 T. baking powder
1 tsp. Real Salt
1/3 c. melted ghee, room temperature
1 large egg
1 c. whole milk, raw

Heat oven to 400°F. Grease a 10” cast iron skillet with ghee.

Mix the 5 dry ingredients in a large bowl. In a separate bowl, mix up the ghee, egg and milk. Pour the liquid mixture into the dry mixture. Stir briefly to combine, do not overmix.

Pour the batter into the prepared skillet.
Bake for 24-26 minutes or until a toothpick comes out clean.
*You can also use white cornmeal. Yellow cornbread is more common in the Northern United States while white cornbread is more common in the Southern United States.

Per Serving

Calories 237
Total Fat 12g
Saturated Fat 6.5g
Monounsaturated Fat 0.37g
Cholesterol 55mg
Total Carbohydrate 29g
Fiber 1.2g
Sugar 4g
Protein 5g

Essential Amino Acids

Histidine 0.05g
Isoleucine 0.08g
Leucine 0.22g
Lysine 0.09g
Methionine 0.05g
Phenylalanine 0.10g
Threonine 0.08g
Tryptophan 0.02g
Valine 0.11g

Vitamins

Vitamin A 22mcg
Vitamin B1 0.20mg
Vitamin B2 51mg
Vitamin B3 27mg
Vitamin B5 0.16mg
Vitamin B6 14mg
Vitamin B7 1.25mcg
Vitamin B9 6mcg
Vitamin B12 0.19mcg
Vitamin C 0.60mg
Vitamin D 1.31mcg
Vitamin E 0.13mg
Vitamin K 1.50mcg
Choline 21mg

Minerals

Calcium 126mg
Copper 0.05mg
Iodine 7.50mcg
Iron 1.67mg
Magnesium 24mg
Manganese 0.20mg
Phosphorus 194mg
Potassium 263mg
Selenium 6.75mcg
Sodium 281mg
Zinc 0.48mg

ORAC

66

Chicken Satay

Makes 4 servings

1 ½ lbs. chicken breast tenders
4 shallots, minced
2 T. ginger, minced
2 T. Thai chile sauce
2 T. brown sugar
2 T. low-sodium soy sauce
1 T. garlic, minced
1 T. olive oil
2 tsp. ground turmeric
1 tsp. ground coriander
¼ tsp. ground black pepper
1/8 tsp. ground cloves
1/8 tsp. ground nutmeg
Thai Peanut Sauce*

For the marinade, dump all of the ingredients into a food processor. Blend for 1 minute. Pour the marinade and chicken in a large bowl. Mix and chill for 30 minutes.

Preheat a grill. Thread the chicken tenders on 12” metal skewers. Grease your grill with coconut oil. Grill for 10-12 minutes, turning several times. Serve the satays with Thai Peanut Sauce.
*Find this recipe in the Superb Sauces chapter.

Per Serving

Calories 183
Total Fat 4g
Saturated Fat 0.5g
Monounsaturated Fat 2.4g
Omega 3 0.06g
Omega 6 4.51g
Cholesterol 68mg
Total Carbohydrate 4g
Sugar 4g
Protein 33g

Essential Amino Acids

Histidine 1.62g
Isoleucine 2.11g
Leucine 3.71g
Lysine 3.93g
Methionine 1g
Phenylalanine 1.96g
Threonine 1.91g
Tryptophan 0.56g
Valine 2.27g

Vitamins

Vitamin A 24.35mcg
Vitamin B1 0.23mg
Vitamin B2 0.41mg
Vitamin B3 20.90mg
Vitamin B5 3mg
Vitamin B6 1.64mg
Vitamin B7 3.20mcg
Vitamin B9 57.94mcg
Vitamin B12 0.36mcg
Vitamin C 5.50mg
Vitamin E 4.64mg
Vitamin K 18.90mcg
Choline 169.60mg

Minerals

Calcium 56.13mg
Copper 0.26mg
Iodine 25.50mcg
Iron 2.72mg
Magnesium 125.34mg
Manganese 1mg
Phosphorus 520.19mg
Potassium 949.71mg
Selenium 41mcg
Sodium 720mg
Zinc 2.31mg

ORAC

4,827

Chorizo Empanadas

Makes 10 servings

½ lb. potatoes, peeled, sliced
1 lb. Chorizo Sausage*

1 large yellow onion, chopped
3 garlic cloves, minced
1 T. chili powder
½ tsp. ground cumin
1 tsp. dried oregano
1 tsp. Real Salt
½ c. chicken stock
1 c. smoked cheddar cheese, shredded

1 ½ c. all-purpose flour
1 c. masa harina
1 tsp. Real Salt
1 tsp. baking powder
1 stick butter, unsalted, melted, cooled
1 large egg + 1 T. water

Boil the potatoes for 15 minutes. Meanwhile, heat a large skillet on medium heat. Cook the chorizo for 5 minutes. Add the onions, garlic, chili powder, cumin, oregano and salt. Cook and stir for 5 minutes. Add the broth, simmer for 3 minutes. Drain the potatoes, fold them into the chorizo mixture. Break up the potatoes into smaller pieces. Cool completely. Stir in the cheese.

In a large bowl, sift the flour, masa, baking powder and salt. Stir in the butter.
Gradually add ½- ¾ c. ice water. Mix together with your hands! The dough should be easy to work with. Wrap in film wrap and chill for 30 minutes. On a floured surface, roll out the dough to 1/8” thick in 2 separate pieces.

With a 4” biscuit cutter, cut out 10 circles from each dough piece (20 total pieces). Spoon 2 tablespoons of filling onto each circle. Brush the edges with egg wash and fold over. Seal the edges with a fork. Chill the empanadas for 30 minutes.

Heat oven to 375°F. Lay the empanadas on a parchment lined baking sheet. Brush with egg wash. Poke several holes on each empanada for steam to escape. Bake for 30 minutes. You could deep fry the empanadas, but who wants more free radicals?

*You can find this recipe in the Bonus Recipes section.

<u>Per Serving</u>

Calories 412
Total Fat 26g
Saturated Fat 12g
Monounsaturated Fat 8.94g
Omega 3 0.15g
Omega 6 2.19g
Cholesterol 83mg

Total Carbohydrate 32g
Fiber 2.3g
Sugar 1g
Protein 13g

<u>Essential Amino Acids</u>

Histidine 0.16g
Isoleucine 0.29g

Leucine 0.56g
Lysine 0.26g
Methionine 0.14g
Phenylalanine 0.32g
Threonine 0.24g
Tryptophan 0.11g
Valine 0.35g

Vitamins

Vitamin A 135.51mcg
Vitamin B1 0.17mg
Vitamin B2 0.25mg
Vitamin B3 3.51mg
Vitamin B5 0.36mg
Vitamin B6 0.31mg
Vitamin B7 0.16mcg
Vitamin B9 17mcg
Vitamin B12 1mcg
Vitamin C 3.2mg
Vitamin D 0.85mcg
Vitamin E 0.84mg
Vitamin K 4mcg
Choline 70.3mg

Minerals

Calcium 145.73mg
Copper 0.16mg
Iodine 19.48mcg
Iron 1.59mg
Magnesium 36.19mg
Manganese 0.30mg
Phosphorus 234.15mg
Potassium 393.71mg
Selenium 21.49mcg
Sodium 695mg
Zinc 1.74mg

ORAC

1,270

Curry Roasted Cauliflower

Makes 4 servings

2 lb. cauliflower
3 T. ghee, melted*
2 tsp. curry powder
1 tsp. Real Salt

Heat your oven to 425°F. Line a baking sheet with parchment paper. Wash the cauliflower and pat dry with paper towels. Chop the cauliflower into small pieces. Toss in a bowl with the ghee, curry powder and salt.

Roast for 20-25 minutes or until the cauliflower is tender. Stir halfway through.

*You may substitute coconut oil for the ghee.

Per Serving

Calories 146
Total Fat 10g
Saturated Fat 6.1g
Monounsaturated Fat 0.16g
Omega 3 0.03g
Omega 6 0.03g
Cholesterol 29mg
Total Carbohydrate 12g
Fiber 5g
Protein 4.5g

Essential Amino Acids

Histidine 0.13g

Isoleucine 0.16g
Leucine 0.24g
Lysine 0.49g
Methionine 0.04g
Phenylalanine 0.15g
Threonine 0.17g
Tryptophan 0.04g
Valine 0.29g

Vitamins

Vitamin B1 0.11mg
Vitamin B2 0.13mg
Vitamin B3 1.18mg
Vitamin B5 1.5mg
Vitamin B6 0.42mg
Vitamin B9 129.8mg
Vitamin C 109.3mg
Vitamin E 0.43mg
Vitamin K 36.2mcg
Choline 101mg

Minerals

Calcium 55mg
Copper 0.10mg
Iodine 15mcg
Iron 1.14mg
Magnesium 36.5mg
Manganese 0.43mg
Phosphorus 103mg
Potassium 689.8mg
Selenium 1.76mcg
Sodium 548.5mg
Zinc 0.66mg

ORAC

2,245

Garlic Cheese Biscuits

Makes 8 servings

2 c. all-purpose flour
4 tsp. baking powder
½ tsp. baking soda
¾ tsp. Real Salt
2 T. granulated garlic
1 tsp. dried parsley
1 tsp. dried thyme
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried rosemary*
1 c. extra sharp cheddar cheese, grated
½ c. butter, unsalted chopped, chilled
¾ c. buttermilk, chilled

Heat oven to 375°F. Line a baking sheet with parchment paper.

Arrange an oven rack to the top shelf. Meanwhile, mix the dry ingredients and cheddar cheese together in a large bowl (you may also do this in a food processor). Cut in the butter until they are the size of peas. Make a well and pour in ¾ c. buttermilk (you may need 1 cup of buttermilk if it's a cloudy day). Stir just until it forms a dough. Knead briefly on a lightly floured surface.

Roll out to ½" thick and cut into biscuits, round or square.

Brush with whole milk. Bake for 13-15 minutes or until they are golden brown. Cool completely on a wire rack.
*You can also use 1 ½ T. Italian seasoning instead of the dried herbs.

Per Serving

Calories 249
Total Fat 13g
Saturated Fat 7.1g
Monounsaturated Fat 3.4g
Omega 3 0.04g
Omega 6 0.29g
Cholesterol 34mg
Total Carbohydrate 27g
Fiber 0.3g
Sugar 1.2g
Protein 8g

Essential Amino Acids

Histidine 0.11g
Isoleucine 0.24g
Leucine 0.40g
Lysine 0.23g
Methionine 0.11g
Phenylalanine 0.22g
Threonine 0.20g
Tryptophan 0.10g
Valine 0.28g

Vitamins

Vitamin A 115mcg
Vitamin B1 0.31mg
Vitamin B2 0.25mg
Vitamin B3 2.16mg
Vitamin B5 0.16mg
Vitamin B6 0.04mg
Vitamin B7 0.23mcg
Vitamin B9 7.3mcg
Vitamin B12 0.30mcg
Vitamin D 0.40mcg
Vitamin E 0.35mg
Vitamin K 7.6mcg
Choline 7.6mg

Minerals

Calcium 268.4mg
Copper 0.06mg
Iodine 12.6mcg
Iron 2.31mg
Magnesium 17.77mg
Manganese 0.28mg
Phosphorus 302.74mg
Potassium 348mg
Selenium 10.57mcg
Sodium 394.7mg
Zinc 0.96mg

ORAC

1,049

Garlic Herb Yukon Wedges

Makes 6 servings

3 lbs. Yukon Gold potatoes, cut into wedges
2 tsp. granulated garlic
1 tsp. Real Salt
1 tsp. dried thyme
1 tsp. dried oregano
2 T. ghee, melted*

Heat oven to 375℉. Mix everything in a large bowl. Pour the potatoes onto a parchment lined baking sheet. Roast the potatoes on a parchment lined baking sheet for 40-45 minutes, stir halfway through.
*You may also use melted bacon fat instead of ghee.

Per Serving

Calories 226
Total Fat 5g
Saturated Fat 3g
Cholesterol 14mg
Total Carbohydrate 42g
Fiber 3.2g
Protein 5g

Vitamins

Vitamin B1 0.19mg
Vitamin B2 0.07mg
Vitamin B3 2.37mg
Vitamin B5 0.69mg
Vitamin B6 0.80mg
Vitamin B9 33mcg
Vitamin C 13mg
Vitamin K 8mcg
Choline 29.5mg

Minerals

Calcium 36mg
Copper 0.24mg
Iodine 12.43mcg
Iron 2.3mg
Magnesium 53.7mg
Manganese 0.38mg
Phosphorus 129.6mg
Potassium 961.5mg
Selenium 1.2mcg
Sodium 332mg
Zinc 0.7mg

ORAC

4,499

Garlic Mustard Coleslaw

Makes 6 servings

2 lbs. Savoy cabbage, cored, shredded
1 large carrot, peeled, shredded
2 scallions, thinly sliced
½ c. Mustard*
¼ c. mayo
1 tsp. granulated garlic**
½ tsp. Real Salt
½ tsp. ground black pepper

Mix the cabbage, carrots and scallions together in a large bowl. In a medium bowl, mix the remaining ingredients together. Mix with the cabbage mixture. Chill for up to 2 days.

*Find this recipe in the Superb Sauces chapter. If you are short on time, mix the cabbage, carrot and scallions with Boardwalk Kitchen Garlic Mustard. Chill for a few hours before serving.
**You can also use minced fresh garlic for a sharper flavor.

Per Serving

Calories 132
Total Fat 6.7g
Saturated Fat 1.1g
Monounsaturated Fat 1.5g
Omega 3 0.5g
Omega 6 3.6g
Cholesterol 4mg
Total Carbohydrate 12g
Fiber 5.4g
Sugar 4.3g
Protein 3.5g

Essential Amino Acids

Histidine 0.07g
Isoleucine 0.17g
Leucine 0.19g
Lysine 0.17g
Methionine 0.03g
Phenylalanine 0.11g
Threonine 0.14g
Tryptophan 0.03g
Valine 0.15g

Vitamins

Vitamin A 181.5mcg
Vitamin B1 0.12mg
Vitamin B2 0.06mg
Vitamin B3 0.62mg
Vitamin B5 0.34mg
Vitamin B6 0.32mg
Vitamin B7 2mcg
Vitamin B9 129.3mcg
Vitamin C 49.2mg
Vitamin E 0.69mg
Vitamin K 138.2mcg
Choline 23.6mg

Minerals

Calcium 64.88mg
Copper 0.11mg
Iodine 5mcg
Iron 0.83mg
Magnesium 46.27mg
Manganese 0.33mg
Phosphorus 75.15mg
Potassium 419.7mg
Selenium 1.76mcg
Sodium 711.2mg
Zinc 0.5mg

ORAC

3,249

Gluten-Free Cornbread

Makes 8 servings

1 T. bacon fat
2 c. organic cornmeal*
1 tsp. baking soda
¾ tsp. Real Salt
1 large egg
1 ¼ c. buttermilk
6 T. unsalted butter, melted, cooled slightly

Heat oven to 400℉. Add the bacon fat to a 10” seasoned cast iron skillet and preheat in the oven.

Meanwhile, stir the cornmeal, baking soda and salt together in a large bowl. For a sweeter cornbread, you can add 2 T. granulated sugar. In a medium bowl, mix the egg and buttermilk together. Pour the milk mixture into the cornmeal mixture. Stir to combine. Pour in the butter and stir briefly. Do not overmix.

Carefully pull out the HOT SKILLET with oven mitts. Quickly pour the batter in and shake the pan several times to release any air bubbles. Bake at 400℉ for 20 minutes or until its golden brown and a toothpick comes out clean. Cool for at least 20 minutes before cutting. Once the cornbread cools completely, you can store it at room temperature for up to 3 days in an airtight container.

*You can use yellow or white cornmeal.

Go with an organic option, Bob’s Red Mill or Arrowhead Mills.

Per Serving

Calories 234
Total Fat 13g
Saturated Fat 7.1g
Monounsaturated Fat 4.05g
Omega 3 0.03g
Omega 6 0.33g
Cholesterol 52mg
Total Carbohydrate 25g
Fiber 2.2g
Sugar 2g
Protein 4.6g

Essential Amino Acids

Histidine 0.13g
Isoleucine 0.20g
Leucine 0.49g
Lysine 0.23g
Methionine 0.11g
Phenylalanine 0.23g
Threonine 0.18g
Tryptophan 0.04g
Valine 0.26g

Vitamins

Vitamin A 104.19mcg
Vitamin B1 0.13mg
Vitamin B2 0.16mg
Vitamin B3 1.15mg
Vitamin B5 0.38mg
Vitamin B6 0.11mg
Vitamin B7 1.25mcg
Vitamin B9 12.79mcg
Vitamin B12 0.26mcg
Vitamin D 0.66mcg
Vitamin E 0.49mg
Vitamin K 0.90mcg
Choline 33.3mg

Minerals

Calcium 51.91mg
Copper 0.07mg
Iodine 9mcg
Iron 1.17mg
Magnesium 43.52mg
Manganese 0.15mg
Phosphorus 120.98mg
Potassium 150.39mg
Selenium 8.18mcg
Sodium 419.44mg
Zinc 0.80mg

ORAC

77

Jalapeno Cheddar Scones

Makes 8 servings

2 c. all-purpose flour
1 T. baking powder
1 T. garlic powder
1 tsp. Real Salt
4 oz. sharp Cheddar cheese, diced
1 jalapeno, minced*
1 stick unsalted butter, cold, diced
½ c. heavy cream
3 eggs, divided

Heat oven to 400°F. Line a baking sheet with parchment paper.

In a large bowl, mix the flour, baking powder, garlic, salt, cheese and jalapeno. Cut in the butter with a pastry blender until the butter is pea sized.

Whip 2 eggs and the cream briefly. Stir into dry ingredients until a dough forms. Gently knead the dough on a well-floured surface for 30 seconds. Roll or pat the dough out to 1” thick. Cut into 8 triangles. Lay the scones onto the prepared baking sheet. Mix 1 egg with 1 tsp. water. Brush with egg wash. Bake for 25 minutes or until golden brown.
*You can also use 1 T. dried jalapeno flakes.

Per Serving

Calories 356
Total Fat 24g
Saturated Fat 14g
Monounsaturated Fat 6.68g
Omega 3 0.11g
Omega 6 0.86g
Cholesterol 131mg
Total Carbohydrate 27g
Protein 9.8g

Essential Amino Acids
Histidine 0.15g
Isoleucine 0.33g
Leucine 0.53g
Lysine 0.35g
Methionine 0.16g
Phenylalanine 0.31g
Threonine 0.28g
Tryptophan 0.12g
Valine 0.40g

Vitamins
Vitamin A 236.46mcg
Vitamin B1 0.31mg
Vitamin B2 0.32mg
Vitamin B3 2.17mg
Vitamin B5 0.45mg
Vitamin B6 0.09mg
Vitamin B7 3.95mcg
Vitamin B9 14.69mcg
Vitamin B12 0.37mcg
Vitamin C 2.2mg
Vitamin D 0.71mcg
Vitamin E 0.84mg

Vitamin K 3.5mcg
Choline 63.5mg

Minerals

Calcium 212.67mg
Copper 0.07mg
Iodine 27.82mcg
Iron 2.33mg
Magnesium 17.46mg
Manganese 0.26mg
Phosphorus 281.59mg
Potassium 304.77mg
Selenium 15.59mcg
Sodium 393mg
Zinc 1mg

ORAC

187

Jamaican Beef Patties

Makes 16 servings

Dough

3 ½ c. all-purpose flour
2 T. ground turmeric
1 T. curry powder
2 tsp. Real Salt
2 tsp. granulated sugar
2 sticks unsalted butter, cold
1 c. ice water

Filling

2 T. olive oil
1 lb. ground beef*
1 c. yellow onion, minced
1 T. garlic, minced
1 tsp. ginger, minced
1 tsp. Real Salt
1 tsp. dried thyme
1 tsp. ground allspice
½ tsp. curry powder
½ tsp. cayenne**
½ c. beef stock
½ c. breadcrumbs
2 T. unsalted butter

Mix the flour, turmeric, curry powder, salt and sugar. Grate the butter over the flour mixture. Mix with a pastry blender until the mixture resembles small peas. Make a well and pour in the water. Mix until a dough forms. Chill for at least 1 hour.

Meanwhile, cook the beef in olive oil on medium heat in a large skillet. Once it's browned, add the onion. Cook for 3 minutes. Add the garlic, ginger, salt, thyme, allspice, curry powder and cayenne. Cook for 2 minutes. Add the stock, cook for 1 minute. Off heat, stir in the breadcrumbs and butter. The beef mixture should look moist. Cool completely.

Heat oven to 350°F. Line a baking sheet with parchment. Portion the dough into 16 (2.5 oz.) pieces. Roll each piece into a circle 3-4" in diameter. Add 2 T. filling. Fold the dough over into a half-moon shape. Crimp the edges with a fork. Bake for 25-30 minutes.

You can chill the patties for up to 2 days or freeze for up to 2 months.

*Go with grass-fed, grass-finished beef.

**The cayenne pepper is optional.

Per Serving

Calories 303
Total Fat 19g
Saturated Fat 9.8g
Monounsaturated Fat 6.37g
Omega 3 0.08g
Omega 6 0.40g
Cholesterol 52mg
Total Carbohydrate 25g
Fiber 0.6g
Sugar 0.7g
Protein 9.1g

Essential Amino Acids

Histidine 0.01g
Isoleucine 0.01g
Leucine 0.02g
Lysine 0.02g
Methionine 0.01g
Phenylalanine 0.01g
Threonine 0.01g
Tryptophan 0.01g
Valine 0.02g

Vitamins

Vitamin A 110.59mcg
Vitamin B1 0.27mg
Vitamin B2 0.17mg
Vitamin B3 3.25mg
Vitamin B5 0.19mg
Vitamin B6 0.12mg
Vitamin B7 1.75mcg
Vitamin B9 2.84mcg
Vitamin B12 0.59mcg
Vitamin C 0.60mg
Vitamin E 0.87mg
Vitamin K 4mcg
Choline 22.8mg

Minerals

Calcium 19.47mg
Copper 0.08mg
Iodine 11.25mcg
Iron 2.61mg
Magnesium 16.31mg
Manganese 0.38mg
Phosphorus 89mg
Potassium 153.86mg
Selenium 8.77mcg
Sodium 423.57mg
Zinc 1.57mg

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1,394

Orange Glazed Carrots

Makes 8 servings

3 lbs. carrots, peeled, sliced 1/4” thick
1 ½ c. water
1 T. granulated sugar
1 tsp. Real Salt
½ c. orange marmalade
2 T. butter
1 ½ tsp. sage, minced

Mix the carrots, water, sugar and salt in a 6 quart slow cooker. Cover and cook on low heat for 5-6 hours. Drain and dump back in. Add the marmalade, butter and sage.
Serve or keep warm for up to 2 hours.

Per Serving

Calories 144
Total Fat 3.2g
Saturated Fat 1.8g
Monounsaturated Fat 0.83g
Cholesterol 7.5mg
Total Carbohydrate 30g
Fiber 4.5g
Sugar 21g
Protein 1.5g

Vitamins

Vitamin A 1,326mcg
Vitamin B1 0.10mg
Vitamin B2 0.09mg
Vitamin B3 1.54mg
Vitamin B5 0.43mg
Vitamin B6 0.21mg
Vitamin B9 31.53mcg
Vitamin C 10.2mg
Vitamin E 1.12mg
Vitamin K 20.8mcg
Choline 15mg

Minerals

Calcium 60mg
Copper 0.09mg
Iodine 7.5mcg
Iron 0.50mg
Magnesium 19.18mg
Manganese 0.22mg
Phosphorus 56.21mg
Potassium 507.22mg
Selenium 0.33mcg
Sodium 384.19mg
Zinc 0.38mg

ORAC

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Parmesan Garlic Scones

Makes 16 servings

2 c. all-purpose flour
¼ c. parmesan cheese, grated

1 T. baking powder
1 T. dried chives
2 tsp. dried thyme
½ tsp. Real Salt
½ tsp. ground black pepper
½ c. buttermilk
1/3 c. extra virgin olive oil
1 large egg
2 tsp. lemon juice
1 tsp. garlic, minced

Heat oven to 375°F. In a large bowl, mix up the first 7 ingredients. In a medium bowl, combine the remaining ingredients. Make a well in the dry ingredients and add the wet ingredients. Stir briefly to combine. Knead the dough for 30 seconds on a lightly floured surface.

Cut the dough in half. Pat out each half into a circle 8” in diameter. Lay the circles onto a greased cookie sheet. Cut each circle into 8 wedges but don’t separate them. Brush with buttermilk. Bake for 18-20 minutes or until lightly browned. Cool for 30 minutes before serving.

Per Serving

Calories 109
Total Fat 5.3g
Saturated Fat 1.1g
Monounsaturated Fat 3.1g
Cholesterol 14mg
Total Carbohydrate 13g
Protein 2.8g

Vitamins

Vitamin A 13.38mcg
Vitamin B1 0.15mg
Vitamin B2 0.10mg
Vitamin B3 1mg
Vitamin B5 0.08mg
Vitamin B6 0.02mg
Vitamin B7 0.62mcg
Vitamin B9 2.43mcg
Vitamin B12 0.09mcg
Vitamin D 0.17mcg
Vitamin K 2.3mcg
Choline 10.6mg

Minerals

Calcium 70.57mg
Copper 0.02mg
Iodine 4.62mcg
Iron 1.18mg
Magnesium 6.67mg
Manganese 0.14mg
Phosphorus 104.48mg
Potassium 137mg
Selenium 4.26mcg
Sodium 108.2mg
Zinc 0.27mg

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Quick Quinoa

Makes 6 servings

2 c. yellow quinoa, rinsed, drained
3 c. low-sodium chicken stock*
3 sprigs fresh thyme
3 garlic cloves, minced**

Dump all four ingredients in a medium saucepot. Cover and turn heat to high. Once it comes to a boil, drop heat to medium. Simmer for 15 min. Set the pot aside for 5 minutes.

You can chill any leftovers for up to 5 days.

*Vegetable stock can be used in place of chicken stock.

**You can also run the garlic through a garlic press.

Per Serving

Calories 213
Total Fat 3.4g
Saturated Fat 0.4g
Monounsaturated Fat 0.9g
Total Carbohydrate 37g
Fiber 4g
Protein 8.6g

Essential Amino Acids

Histidine 0.23g
Isoleucine 0.28g
Leucine 0.48g
Methionine 0.17g
Phenylalanine 0.33g
Threonine 0.24g
Tryptophan 0.09g
Valine 0.34g

Vitamins

Vitamin B1 0.20mg
Vitamin B2 0.18mg
Vitamin B3 0.87mg
Vitamin B5 0.44mg
Vitamin B6 0.29mg
Vitamin B9 104.3mcg
Vitamin E 1.4mg
Choline 40mg

Minerals

Calcium 29mg
Copper 0.33mg
Iron 2.62mg
Magnesium 112mg
Manganese 1mg
Phosphorus 261mg
Potassium 325mg
Selenium 5mcg
Sodium 72.7mg
Zinc 1.8mg

ORAC

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Roasted Red Potatoes

Makes 6 servings

3 lbs. Yukon Gold potatoes, peeled, diced
1 T. That Red Stuff (find in Bonus Recipes)
3 T. ghee, melted*

Heat oven to 375°F. Mix everything in a large bowl. Pour the potatoes onto a parchment lined baking sheet. Roast the potatoes on a parchment lined baking sheet for 40-45 minutes.

*You may also use melted bacon fat instead of ghee.

Calories 275
Total Fat 7.3g
Saturated Fat 4.3g
Cholesterol 21mg
Total Carbohydrate 49g
Fiber 3.4g
Protein 5g

Vitamins

Vitamin B1 0.23mg
Vitamin B2 0.04mg
Vitamin B3 3.15mg
Vitamin B6 0.68mg
Vitamin B9 20.41mcg
Vitamin C 28mg
Vitamin E 0.09mg
Vitamin K 0.7mcg
Choline 32.7mg

Minerals

Calcium 11.34mg
Copper 0.5mg
Iodine 12.43mcg
Iron 0.8mg
Magnesium 56.7mg
Manganese 0.38mg
Phosphorus 113.4mg
Potassium 882mg
Selenium 0.68mcg
Sodium 92mg
Zinc 0.66mg

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Rosemary Roasted Sweet Potatoes

Makes 6 servings

8 medium sweet potatoes, peeled, 2” dice
2 T. ghee, melted*
1 T. dried rosemary
½ tsp. Real Salt

Heat oven to 425°F. Line a large baking sheet with parchment paper. Toss all four ingredients together. Spread the potatoes out in a single layer.

Roast for 40-45 minutes, shuffling the potatoes halfway through. Leftovers can be chilled for up to 3 days.
*You can also use coconut oil.

Per Serving

Calories 188
Total Fat 5.1g
Saturated Fat 2.9g
Monounsaturated Fat 0.01g
Cholesterol 14mg
Total Carbohydrate 34g
Fiber 5g
Sugar 11g
Protein 2.6g

Essential Amino Acids

Histidine 0.05g
Isoleucine 0.09g

Leucine 0.15g
Lysine 0.10g
Methionine 0.04g
Phenylalanine 0.14g
Threonine 0.13g
Tryptophan 0.05g
Valine 0.14g

Vitamins

Vitamin A 1,486mcg
Vitamin B1 0.10mg
Vitamin B2 0.09mg
Vitamin B3 1mg
Vitamin B5 1.09mg
Vitamin B6 0.32mg
Vitamin B7 2.94mcg
Vitamin B9 13mcg
Vitamin C 24.5mg
Vitamin E 1.77mg
Vitamin K 4mcg
Choline 20.4mg

Minerals

Calcium 58mg
Copper 0.18mg
Iodine 5mcg
Iron 1.5mg
Magnesium 35mg
Manganese 0.51mg
Phosphorus 60.7mg
Potassium 439mg
Selenium 0.41mcg
Sodium 211mg
Zinc 0.4mg

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4,969

Saffron Rice

Makes 4 servings

½ tsp. saffron threads, crushed
2 T. ghee
1 medium yellow onion, diced
1 medium red bell pepper, diced
1 ½ c. Arborio rice
2 ½ c. chicken stock

Bloom the saffron in 1 T. hot water; set aside. Sauté the onions and peppers in ghee in a large skillet on medium high heat for 5 minutes. Add the rice, stock and saffron.
Cook uncovered for 15-20 minutes.

Per Serving

Calories 410
Total Fat 9.6g
Saturated Fat 4.9g
Monounsaturated Fat 1g
Cholesterol 26mg
Total Carbohydrate 69g
Fiber 2g
Sugar 3g
Protein 10g

Essential Amino Acids

Histidine 0.13g
Isoleucine 0.24g
Leucine 0.47g
Lysine 0.21g
Methionine 0.13g
Phenylalanine 0.31

Threonine 0.21g
Tryptophan 0.06g
Valine 0.35g

Vitamins

Vitamin A 48mcg
Vitamin B1 0.11mg
Vitamin B2 0.18mg
Vitamin B3 3.5mg
Vitamin B5 0.90mg
Vitamin B6 0.37mg
Vitamin B9 27.5mcg
Vitamin C 41.3mg
Vitamin E 0.59mg
Vitamin K 1.8mcg
Choline 20mg

Minerals

Calcium 32.8mg
Copper 0.24mg
Iodine 0.25mcg
Iron 1mg
Magnesium 38mg
Manganese 1mg
Phosphorus 150mg
Potassium 360mg
Selenium 19mcg
Sodium 218mg
Zinc 1.37mg

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Smoked Gouda Mac & Cheese

Makes 8 servings

1 lb. whole wheat dry macaroni
1 lb. smoked gouda cheese, shredded
8 oz. sharp white cheddar cheese, shredded
1 stick butter, unsalted
4 T. all-purpose flour
2 c. heavy cream*
2 c. whole milk
1 tsp. garlic powder
1 tsp. Real Salt
½ tsp. smoked paprika
½ tsp. ground mustard

Fill a large pot with water. Cover and bring to a hard boil. Add the macaroni. Cook for 8-10 or until it is al dente. Drain and set aside.

Meanwhile, heat the butter on medium low heat. Once melted, whisk in the flour. Slowly whisk in the cream and milk. Stir and bring to a slight boil. Add the spices. Slowly add in the cheese. Whisk until the cheese melts. Add the pasta. Stir to combine. Check to see if it needs more seasoning and serve! Instead of smoked gouda, try regular gouda cheese and add in chopped lobster for Lobster Mac & Cheese! *You can also use half & half.

Per Serving

Calories 851
Total Fat 62g
Saturated Fat 38g
Monounsaturated Fat 16g

Omega 3 0.21g
Omega 6 1.72g
Cholesterol 199mg
Total Carbohydrate 46g
Fiber 4.7g
Sugar 7g
Protein 32g

Essential Amino Acids

Histidine 0.94g
Isoleucine 1.45g
Leucine 2.64g
Lysine 2g
Methionine 0.71g
Phenylalanine 1.55g
Threonine 1g
Tryptophan 0.48g
Valine 1.84g

Vitamins

Vitamin A 556mcg
Vitamin B1 0.26mg
Vitamin B2 103mg
Vitamin B3 56.54mg
Vitamin B5 0.94mg
Vitamin B6 28.45mg
Vitamin B7 2.36mcg
Vitamin B9 47.38mcg
Vitamin B12 1.57mcg
Vitamin C 1.5mg
Vitamin D 3.78mcg
Vitamin E 1.54mg
Vitamin K 11mcg
Choline 34.3mg

Minerals

Calcium 732.73mg
Copper 0.31mg
Iodine 57.5mcg
Iron 2.53mg
Magnesium 93.76mg
Manganese 1.60mg
Phosphorus 632mg
Potassium 276mg
Selenium 61mcg
Sodium 912mg
Zinc 5mg

ORAC

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Sweet Potato Biscuits

Makes 12 servings

1 ¾ c. all-purpose flour
¼ tsp. Real Salt
4 tsp. baking powder
¼ tsp. ground nutmeg
1 tsp. ground cinnamon
1 c. sweet potato, cooked, mashed
¼ c. ghee, melted (melt then measure)
¼ c. whole milk, raw
1 large egg, beaten
2 T. brown sugar

Heat oven to 425°F. Sift the dry ingredients together over a medium bowl. In a large bowl, mix up the wet ingredients. Briefly stir in the dry ingredients.

Pat the dough out to ¾" thick. Cut out 12 biscuits. Transfer to a parchment lined baking sheet. Bake for 12-15 minutes.

Per Serving

Calories 143
Total Fat 5.2g
Saturated Fat 2.8g
Monounsaturated Fat 0.15g
Cholesterol 29mg
Total Carbohydrate 22g
Fiber 1g
Sugar 3g
Protein 3g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.04g
Leucine 0.06g
Lysine 0.05g
Methionine 0.02g
Phenylalanine 0.04g
Threonine 0.04g
Tryptophan 0.01g
Valine 0.05g

Vitamins

Vitamin A 223.68mcg
Vitamin B1 0.18mg
Vitamin B2 8.65mg
Vitamin B3 5.75mg
Vitamin B5 0.22mg
Vitamin B6 2.41mg
Vitamin B7 0.93mcg
Vitamin B9 3.65mcg
Vitamin B12 0.06mcg
Vitamin C 3.6mg
Vitamin D 0.28mcg
Vitamin E 0.31mg
Vitamin K 1mcg
Choline 15.2mg

Minerals

Calcium 95.12mg
Copper 0.06mg
Iodine 4.66mcg
Iron 1.46mg
Magnesium 11.11mg
Manganese 0.25mg
Phosphorus 151.43mg
Potassium 264.78mg
Selenium 4.22mcg
Sodium 60mg
Zinc 0.24mg

ORAC

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Turkish Lamb Kebabs

Makes 4 servings

1 lb. ground lamb
2 tsp. garlic powder
1 tsp. ground cumin
1 tsp. smoked paprika
1 tsp. onion powder
1 tsp. Real Salt

Mix the lamb, salt and spices together in a bowl. Thread onto 4 metal skewers and shape into uniform kebabs. Chill for at least 4 hours.

Prepare your grill. Lightly grease the grill with olive oil. Add the skewers and cook for 10-12 minutes. Turn every 3 minutes. Cool for 5 minutes before serving.

Serve the kebabs with tzatziki sauce and naan bread.

Per Serving

Calories 328
Total Fat 27g
Saturated Fat 12g
Monounsaturated Fat 11g
Cholesterol 83mg
Protein 20g

Essential Amino Acids

Histidine 0.6g
Isoleucine 0.9g
Leucine 1.47g
Lysine 1.67g
Methionine 0.48g
Phenylalanine 0.77g
Threonine 0.81g
Tryptophan 0.22g
Valine 1g

Vitamins

Vitamin A 14.5mcg
Vitamin B1 0.13mg
Vitamin B2 0.24mg
Vitamin B3 6.85mg
Vitamin B5 0.76mg
Vitamin B6 0.17mg
Vitamin B9 21.5mcg
Vitamin B12 2.62mcg
Vitamin D 0.11mcg
Vitamin E 0.43mg
Vitamin K 4.6mcg
Choline 80mg

Minerals

Calcium 27mg
Copper 0.11mg
Iodine 15mcg
Iron 2.3mg
Magnesium 28mg
Manganese 0.06mg
Phosphorus 187.6mg
Potassium 289.4mg
Selenium 21.6mcg
Sodium 600mg
Zinc 3.96mg

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Bonus Recipes

Aluminum-Free Baking Powder

Makes 1 cup

½ c. cream of tartar
¼ c. baking soda
¼ c. cornstarch*

Mix and use within 7 weeks.
*You can also use arrowroot powder.

Andouille Sausage

Makes l lb. (4 servings)

1 lb. ground pork
1 T. That Red Stuff seasoning
1 T. minced garlic
½ tsp. cayenne pepper

Mix all of the ingredients in a bowl. Chill overnight before cooking on medium heat in a large cast iron skillet. Cook the sausage until it reaches 165°F.

You may also shape the sausage into patties and freeze for up to 3 months.

Per Serving

Calories 302
Total Fat 24g
Saturated Fat 8.9g
Monounsaturated Fat 10.7g
Cholesterol 82mg
Protein 19g

Essential Amino Acids

Histidine 0.76g
Isoleucine 0.90g
Leucine 1.54g
Lysine 1.72g
Methionine 0.50g
Phenylalanine 0.76g
Threonine 0.87g
Tryptophan 0.24g
Valine 1g

Vitamins

Vitamin A 7mcg
Vitamin B1 0.83mg
Vitamin B2 0.27mg
Vitamin B3 4.95mg
Vitamin B5 0.77mg
Vitamin B6 0.46mg
Vitamin B7 5mcg
Vitamin B9 6mcg
Vitamin B12 0.8mcg
Vitamin C 1.7mg

Minerals

Calcium 20.3mg
Copper 0.06mg
Iodine 12mcg
Iron 1mg
Magnesium 22.4mg
Manganese 0.05mg
Phosphorus 202.5mg
Potassium 339mg
Selenium 28.2mcg
Sodium 64mg
Zinc 2.53mg

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BBQ Seasoning

Makes 1/3 cup (36 servings)

4 tsp. sweet paprika
3 tsp. smoked paprika
3 tsp. Real Salt
3 tsp. coconut sugar
2 tsp. garlic powder
1 tsp. onion powder
1 tsp. dried parsley
1 tsp. dried oregano, crushed
1 tsp. ground black pepper
½ tsp. ground cinnamon
½ tsp. ground ginger

Mix and store in a jar for up to 1 year.

Per Serving

Calories 4
Total Carbohydrate 1g
Sugar 0.5g

Vitamins

Vitamin A 11mcg
Vitamin E 0.14mg
Vitamin K 1mcg

Minerals

Calcium 5.19mg
Iodine 5mcg
Iron 0.12mg
Magnesium 1.32mg
Manganese 0.03mg
Phosphorus 2.58mg
Potassium 14.97mg
Selenium 0.09mcg
Sodium 177.21mg
Zinc 0.03mg

ORAC

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Bee Pollen Lemonade

Makes 1 serving

1 lemon, juiced
1 tsp. ground turmeric*
1 tsp. bee pollen powder
1 tsp. raw honey
1 c. warm water

Mix everything and chill before serving.
*You can also use 2” turmeric root, juiced.

Per Serving

Calories 54
Total Carbohydrate 13g

Fiber 1.2g
Sugar 8.4g
Protein 1g

Vitamins

Vitamin B5 0.08mg
Vitamin B6 0.02mg
Vitamin B7 0.02mcg
Vitamin B9 10.34mcg
Vitamin C 18.6mg

Minerals

Calcium 8mg
Copper 0.05mg
Iron 1.72mg
Magnesium 9mg
Manganese 0.60mg
Phosphorus 13mg
Potassium 115mg
Zinc 0.18mg

ORAC

11,851

Boursin Cheese

Makes 8 servings

8 oz. cream cheese
1 T. minced garlic
½ tsp. dried basil
½ tsp. dried oregano
½ tsp. dried thyme
¼ tsp. Real Salt
¼ tsp. ground black pepper

Leave the cream cheese out for 2 hours to soften. Mix with the remaining ingredients. Chill overnight. Use within 7 days. You can add this cheese to mashed potatoes, grits or risotto!

Per Serving

Calories 102
Total Fat 9.8g
Saturated Fat 5.7g
Monounsaturated Fat 2.5g
Omega 3 0.05g
Omega 6 0.24g
Cholesterol 29mg
Total Carbohydrate 2.1g
Protein 1.9g

Essential Amino Acids

Histidine 0.05g
Isoleucine 0.09g
Leucine 0.19g
Lysine 0.16g
Methionine 0.05g
Phenylalanine 0.08g
Threonine 0.06g
Tryptophan 0.02g
Valine 0.11g

Vitamins

Vitamin A 87mcg
Vitamin B2 0.06mg
Vitamin B5 0.15mg
Vitamin B6 0.03mg
Vitamin B9 3mcg
Vitamin B12 0.06mcg
Vitamin E 0.25mg
Vitamin K 5.5mcg
Choline 7.9mg

Minerals

Calcium 33mg
Iodine 12.75mcg
Iron 0.2mg
Magnesium 3.5mg

Manganese 0.04mg
Phosphorus 32mg
Potassium 45mg
Selenium 2.6mcg

Sodium 149mg

ORAC
778

Challah Bread

Makes 10 servings

3 ½ c. bread flour
2 tsp. active dry yeast
1 c. water, room temperature
3 large eggs
2 large egg yolks
¼ c. extra virgin olive oil
¼ c. granulated sugar
2 ½ tsp. Real Salt
2 egg whites + 2 T. water

Mix the flour and yeast in a mixing bowl. Add the water, eggs, egg yolks, olive oil, sugar and salt. Mix on low speed for 4 minutes. Attach your dough hook. Increase speed to medium and knead for 4 minutes. Proof the dough in a greased bowl for 1 hour in a warm place.

Punch down and let the dough rest for 20 minutes. Cut the dough in half. Lay each piece onto a parchment lined baking sheet or in greased loaf pans. Mix the egg whites with water, brush onto the dough. Proof uncovered for 1 hour.

Heat oven to 350°F. Gently brush on more egg wash. Bake for 30-35 minutes or until it is golden brown and reaches 190°F inside.

Per Serving

Calories 267
Total Fat 8.6g
Saturated Fat 1.5g
Monounsaturated Fat 4.88g
Omega 3 0.03g
Omega 6 0.39g
Cholesterol 93mg
Total Carbohydrate 38g
Sugar 5g
Protein 9.8g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.18g
Leucine 0.29g
Lysine 0.25g
Methionine 0.10g
Phenylalanine 0.18g
Threonine 0.15g
Tryptophan 0.04g
Valine 0.23g

Vitamins

Vitamin A 40mcg

Vitamin B1 0.52mg
Vitamin B2 0.34mg
Vitamin B3 3.25mg
Vitamin B5 0.49mg
Vitamin B6 0.09mg
Vitamin B7 5mcg
Vitamin B9 30.47mcg
Vitamin B12 0.22mcg
Vitamin D 0.50mcg
Vitamin E 1mg
Vitamin K 3.4mcg
Choline 73.8mg

Minerals

Calcium 22.79mg
Copper 0.11mg
Iodine 15mcg
Iron 2.96mg
Magnesium 19.39mg
Manganese 0.34mg
Phosphorus 109.72mg
Potassium 98.75mg
Selenium 22.56mcg
Sodium 567mg
Zinc 0.85mg

ORAC
22

Chili Powder

Makes 5 Tablespoons (30 servings)

2 T. paprika
2 tsp. ground cumin
2 tsp. garlic powder
2 tsp. onion powder
1 tsp. cayenne
1 tsp. smoked paprika
1 tsp. dried oregano

Mix and store in a glass jar for up to 1 year.

Per Serving

ORAC
285

Chorizo Sausage

Makes 1 lb. (4 servings)

1 lb. ground pork
1/3 c. cold bacon fat
1 chipotle in adobo sauce, finely chopped
2 tsp. granulated garlic
2 tsp. granulated onion powder
1 ½ tsp. Real Salt
1 tsp. ground cumin
1 tsp. Spanish paprika
1 tsp. dried oregano

Mix all of the ingredients in a bowl. Chill overnight before cooking on medium heat in a large cast iron skillet. Cook the sausage until it reaches 165°F.
You may also shape the sausage into patties and freeze for up to 3 months.

Per Serving

Calories 468
Total Fat 41g
Saturated Fat 14g
Monounsaturated Fat 17.8g
Omega 3 0.08g
Omega 6 1.68g
Cholesterol 98mg
Total Carbohydrate 3g
Fiber 1g
Protein 20g

Essential Amino Acids

Histidine 0.77g
Isoleucine 0.90g
Leucine 1.55g
Lysine 1.74g
Methionine 0.51g
Phenylalanine 0.78g
Threonine 0.88g
Tryptophan 0.24g
Valine 1g

Vitamins

Vitamin A 19mcg
Vitamin B1 0.84mg
Vitamin B2 0.28mg
Vitamin B3 5.15mg
Vitamin B5 0.79mg
Vitamin B6 0.48mg
Vitamin B7 5mcg
Vitamin B9 8mcg
Vitamin B12 0.81mcg
Vitamin C 1mg
Vitamin E 0.25mg
Vitamin K 2mcg
Choline 3mg

Minerals

Calcium 32mg
Copper 0.07mg
Iodine 34.5mcg
Iron 1.84mg
Magnesium 27.72mg
Manganese 0.08mg
Phosphorus 215mg
Potassium 384mg
Selenium 29.5mcg
Sodium 820mg
Zinc 2.66

ORAC

978

Cinnamon Walnuts

Makes 4 servings

1 tsp. ground cinnamon
3 T. honey
1/8 tsp. Real Salt
1 c. raw walnut halves

Heat oven to 350°F. Line a baking sheet with parchment paper.

Mix the cinnamon, honey and salt. Add walnuts and mix to combine. Spread the nuts in a single layer on the baking sheet. Bake for 10-15 minutes or until they are toasted. Cool completely. Store for up to 2 weeks at room temperature or freeze for up to 1 year.

Per Serving

Calories 213
Total Fat 16g
Saturated Fat 1.5g
Monounsaturated Fat 2.23g
Total Carbohydrate 17g
Fiber 2.1g
Sugar 14g
Protein 3.9g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.15g
Leucine 0.29g
Lysine 0.10g
Methionine 0.06g
Phenylalanine 0.18g
Threonine 0.15g
Tryptophan 0.04g
Valine 0.19g

Vitamins

Vitamin B1 0.08mg
Vitamin B2 0.04mg
Vitamin B3 0.30mg
Vitamin B5 0.15mg
Vitamin B6 0.13mg
Vitamin B7 5.7mcg
Vitamin B9 24.86mcg
Vitamin E 0.19mg
Vitamin K 0.9mcg
Choline 10.2mg

Minerals

Calcium 31.95mg
Copper 0.41mg
Iodine 1.87mcg
Iron 0.85mg
Magnesium 40.21mg
Manganese 0.98mg
Phosphorus 87.55mg
Potassium 121.24mg
Selenium 1.38mcg
Sodium 67.45mg
Zinc 0.81mg

ORAC

4,424

Citrus Sports Drink

Makes 1 serving

2 c. water
Juice of 1 lemon*
1 T. raw honey
¼ tsp. Real Salt

Mix the lemon juice, honey and salt in a small bowl. Mix the honey mixture with the water in a water bottle. Shake well.
*You can also use lime juice or orange juice.

Per Serving

Calories 77
Total Carbohydrate 22g
Sugar 17g

Vitamins

Vitamin B5 0.10mg
Vitamin B6 0.03mg
Vitamin B9 12.62mcg
Vitamin C 23.7mg

Minerals

Calcium 5mg
Iodine 15mcg
Magnesium 4mg
Phosphorus 5.72mg
Potassium 73.75mg
Sodium 481mg

ORAC

779

Curry Powder

Makes 4 Tbsp. (24 ½ tsp servings)

1 T. ground turmeric
1 T. ground coriander
1 ½ tsp. ground cumin
1 ½ tsp. ground ginger
1 tsp. ground cinnamon
1 tsp. ground mustard
½ tsp. ground fenugreek
½ tsp. ground cardamom
½ tsp. ground cloves
½ tsp. ground nutmeg
½ tsp. cayenne
¼ tsp. ground black pepper

Mix everything together. Pour into a jar and store for up to 6 months. The compound, piperine, inside of black pepper helps with the absorption of curcumin that is found in turmeric.

Per Serving

Calories 4
Fiber 0.4g

Minerals

Calcium 5.61mg
Iron 0.42mg
Magnesium 3.14mg
Manganese 0.18mg
Phosphorus 4.21mg
Potassium 18.43mg
Selenium 0.31mcg
Zinc 0.05mg

ORAC

956

High Fiber Bread

Makes 2 loaves (16 servings)

3 c. whole milk
3 T. white vinegar
2 tsp. baking soda
1 c. unsulfured molasses
2 ½ c. whole wheat flour*
2 ½ c. wheat bran*
1 c. wheat germ*

Mix the milk and vinegar. Now you have sour milk, you can also use buttermilk.
Leave this mixture for 15 minutes.

Heat oven to 350°F. Dissolve the baking soda in the molasses. Mix in the milk, flour, bran and germ. Pour into 2 greased loaf pans. Bake for 45 minutes.
*Go with organic.

Per Serving

Calories 202
Total Fat 3.3g
Saturated Fat 1.4g
Monounsaturated Fat 0.22g
Cholesterol 6.6g
Total Carbohydrate 41g
Fiber 7g
Sugar 19g
Protein 7.6g

Essential Amino Acids

Histidine 0.10g
Isoleucine 0.12g
Leucine 0.25g
Lysine 0.12g
Methionine 0.06g
Phenylalanine 0.18g
Threonine 0.11g
Tryptophan 0.06g
Valine 0.17g

Vitamins

Vitamin A 17.22mcg
Vitamin B1 0.26mg
Vitamin B2 77mg
Vitamin B3 42.12mg
Vitamin B5 0.48mg
Vitamin B6 21.59mg
Vitamin B7 0.87mcg
Vitamin B9 40.27mcg
Vitamin B12 0.20mcg
Vitamin C 1.2mg
Vitamin D 1.78mcg
Vitamin E 1.4mg
Vitamin K 3.1mcg
Choline 27.9mg

Minerals

Calcium 115.78mg
Copper 0.31mg
Iodine 10.5mcg

Iron 3.27mg	Selenium 26.97mcg
Magnesium 154.66mg	Sodium 166mg
Manganese 2.12mg	Zinc 2.39mg
Phosphorus 246.32mg	ORAC
Potassium 550.48mg	132

Honey Wheat Bread

Makes 2 loaves (12 servings)

4 c. white bread flour
1 c. whole wheat flour
2 ½ tsp. active dry yeast
2 c. whole milk*, scalded, (105-115°F)
½ c. honey
1/3 c. canola oil**
2 tsp. Real Salt***

Mix the flour and yeast in a mixing bowl. Add the milk, honey, oil and salt. Mix on low speed for 2 minutes to form the dough. Increase to medium speed and knead for 5 minutes until it's smooth and elastic.

Throw in a greased bowl, cover and proof for 1 hour. Punch and cut in half. Roll into a ball, cover and rest for 20 minutes. Grease two 9" loaf pans. Work each dough ball into an 8 x 12" rectangle. Roll up, pop in pan and brush with milk.

Proof uncovered for 1 hour. Heat oven to 400°F. Bake for 45-50 minutes. Pop out and cool.

*Rinse out a small saucepan with cold water before you add the milk. This will prevent the milk from scorching.

**Conventional cooking oils are extracted with hexane, a known neurotoxin. Organic cooking oils do not use hexane. Go with organic canola oil.

***Salt helps to slow down the proofing process. You want the dough to rise but not too much. There is such thing as over proofing. Salt also helps to bring out the flavor of foods.

Per Serving

Calories 312	Monounsaturated Fat 3.75g
Total Fat 8.3g	Omega 3 0.53g
Saturated Fat 1.5g	Omega 6 1.10g

Cholesterol 5.8mg
Total Carbohydrate 52g
Fiber 1.3g
Sugar 14g
Protein 9.3g

Essential Amino Acids

Histidine 0.04g
Isoleucine 0.06g
Leucine 0.11g
Lysine 0.06g
Methionine 0.02g
Phenylalanine 0.08g
Threonine 0.05g
Tryptophan 0.02g
Valine 0.07g

Vitamins

Vitamin A 15mcg
Vitamin B1 0.54mg
Vitamin B2 68.5mg
Vitamin B3 38.6mg
Vitamin B5 0.18mg
Vitamin B6 18.9mg
Vitamin B7 0.77mcg
Vitamin B9 24mcg
Vitamin B12 0.18mcg
Vitamin C 1mg
Vitamin D 1.58mcg
Vitamin E 1mg
Vitamin K 6.3mcg
Choline 3.7mg

Minerals

Calcium 62.5mg
Copper 0.13mg
Iodine 19.33mcg
Iron 2.8mg
Magnesium 29.6mg
Manganese 0.74mg
Phosphorus 94mg
Potassium 105mg
Selenium 20.5mcg
Sodium 322mg
Zinc 0.81mg

ORAC

406

Italian Sausage

Makes 1 lb. (4 servings)

1 lb. ground pork
2 T. dry red wine, optional
1 T. Hungarian paprika
2 tsp. Real Salt
2 tsp. minced garlic
1 tsp. ground thyme
1 tsp. dried oregano
1 tsp. dried basil
¼ tsp. onion powder
¼ tsp. ground black pepper

Mix everything in a large bowl and chill overnight. Shape into patties. Cook in large skillet on medium heat until the sausage reaches 165°F. You may freeze raw sausage for up to 3 months.

I like to make my own sausage so that I can control the sodium and seasonings going in.

Per Serving

Calories 308
Total Fat 24g
Saturated Fat 9g
Monounsaturated Fat 10.7g
Cholesterol 82mg
Total Carbohydrate 2g
Fiber 1g
Protein 20g

Essential Amino Acids

Histidine 0.77g
Isoleucine 0.91g
Leucine 1.56g
Lysine 1.74g
Methionine 0.51g
Phenylalanine 0.78g
Threonine 0.88g
Tryptophan 0.24g
Valine 1g

Vitamins

Vitamin A 45mcg
Vitamin B1 0.84mg
Vitamin B2 0.29mg
Vitamin B3 5.13mg
Vitamin B5 0.81mg
Vitamin B6 0.49mg
Vitamin B7 5mcg
Vitamin B9 8.5mcg
Vitamin B12 0.8mcg
Vitamin C 1.4mg
Vitamin E 0.58mg
Vitamin K 10.5mcg
Choline 1.6mg

Minerals

Calcium 36mg
Copper 0.06mg
Iodine 42mcg
Iron 1.97mg
Magnesium 27.86mg
Manganese 0.13mg
Phosphorus 208mg
Potassium 383mg
Selenium 28mcg
Sodium 1,025mg
Zinc 2.63mg

ORAC

1,522

Italian Seasoning

Makes 14 tsp. (28 servings)

4 tsp. dried basil
3 tsp. dried thyme
3 tsp. dried oregano
2 tsp. dried marjoram
1 tsp. granulated garlic
1 tsp. dried rosemary

Mix and store in a jar for up to 1 year.

Per Serving

ORAC

524

Mexican Seasoning

Makes 2 Tablespoons (24 servings)

1 tsp. ground cumin
1 tsp. chili powder
1 tsp. Real Salt
1 tsp. smoked paprika
1 tsp. onion powder
1 tsp. garlic powder

Mix and store in a glass jar for up to 1 year.

Per Serving
Sodium 92mg
Iodine 2.5mcg
ORAC
100

Pepperoni Rolls

Makes 12 servings

1 c. whole milk
1/2 c. water
1/4 c. unsalted butter
3 1/2 c. all-purpose flour
3 T. granulated sugar
1 tsp. Real Salt
4 1/2 tsp. fast rising yeast
1 tsp. dried basil
1 tsp. dried thyme
1 tsp. dried oregano
1 T. granulated garlic
1 c. sliced turkey pepperoni*
1 c. shredded mozzarella cheese
2 T. olive oil

Mix the flour, sugar, salt, yeast and herbs in a large mixing bowl with a dough hook attachment. Heat the milk, water and butter until its 120-125°F. Gradually mix into the flour mixture on low speed. Mix for 1 minute.

Add more flour, gradually, ½ cup at a time. However, you don't want to add more than 1 ½ cups otherwise your dough will become too dry. Humidity will play a big part when making bread. Baking bread on a warm, sunny day is your best bet.

Knead for 8 minutes by hand or with the mixer until it’s smooth and elastic. Lay the dough in a greased bowl. Cover with a moist towel and proof for 30-60 minutes in a warm spot. The dough should double in size.

Punch down and cut into 12 pieces. Roll each piece out to 7" in diameter. Fill each piece with pepperoni and cheese. Roll and seal up the edges. Cover and proof for 30 minutes, until they have increased in size again. Heat oven to 375°F.

Brush each roll with olive oil. Bake for 10-12 minutes.
They should be lightly browned and a toothpick should come out clean.
*You can substitute Italian sausage. Cook 1 lb. of Italian Sausage, drain and pat dry. Stuff into the dough with cheese and impress your wife.

Per Serving

Calories 307
Total Fat 15g
Saturated Fat 6.6g
Monounsaturated Fat 5.8g
Omega 3 0.03g
Omega 6 0.54g
Cholesterol 32mg
Total Carbohydrate 34g
Fiber 0.6g
Sugar 2g
Protein 10g

Essential Amino Acids

Histidine 0.14g
Isoleucine 0.24g
Leucine 0.40g
Lysine 0.34g
Methionine 0.11g
Phenylalanine 0.21g
Threonine 0.22g
Tryptophan 0.08g
Valine 0.28g

Vitamins

Vitamin A 56.81mcg
Vitamin B1 0.54mg
Vitamin B2 34.5mg
Vitamin B3 21.16mg
Vitamin B5 0.33mg
Vitamin B6 9.52mg
Vitamin B7 0.38mcg
Vitamin B9 37.46mcg
Vitamin B12 0.46mcg
Vitamin D 1mcg
Vitamin E 0.62mg
Vitamin K 11.3mcg
Choline 9.2mg

Minerals

Calcium 87.73mg
Copper 0.08mg
Iodine 14.60mcg
Iron 2.50mg
Magnesium 16mg
Manganese 0.43mg
Phosphorus 105mg
Potassium 117mg
Selenium 11mcg
Sodium 391mg
Zinc 1mg

ORAC

420

Pumpkin Pie Spice

Makes 5 Tablespoons (60 servings)

3 T. ground cinnamon
2 tsp. ground ginger
2 tsp. ground nutmeg
1 tsp. ground allspice
1 tsp. ground cloves

Mix and store in a glass jar for up to 3 months.

Per Serving
ORAC
711

Roasted Beef Stock

Makes 8 cups (8 servings)

4 lbs. beef shinbones
2 large onions, chopped
3 large carrots, scrubbed, chopped
2 celery ribs, chopped
16 c. water, divided
4 garlic cloves, smashed
6 parsley sprigs
8 black peppercorns
1 bundle fresh thyme sprigs
1 T. Real Salt*

Heat oven to 450°F. Lay the bones in a large shallow roasting pan and roast for 30 minutes. Stir in the onions, carrots and celery (mirepoix). Cook for 30 minutes.

Throw the bones and veggies in a large stockpot. Add the remaining ingredients. Pour off the beef fat. Add 2 cups of water. Loosen up the browned bits and pour this mixture into the pot. Bring to a boil, skim off the foam. Drop heat to medium low and simmer for 3 hours. Strain through a large sieve lined with 2 layers of cheesecloth. Cover and chill. Discard the fat.

Chill for up to 3 days or freeze the stock for up to 3 months.
*For a lower sodium option, use less salt or don't use salt at all!

Per Serving

Calories 31 Total Fat 0.2g

Saturated Fat 0.1g
Monounsaturated Fat 0.1g
Total Carbohydrate 2g
Protein 4.7g

Vitamins

Vitamin B1 0.07mg
Vitamin B2 0.21mg
Vitamin B3 2mg
Vitamin B6 0.13mg
Vitamin B9 4.8mcg
Choline 11.5mg

Minerals

Calcium 19.2mg
Copper 0.12mg
Iodine 18mcg
Iron 0.65mg
Magnesium 16.8mg
Phosphorus 74.4mg
Potassium 444mg
Selenium 2.88mcg
Sodium 636mcg
Zinc 0.41mg

Roasted Chicken Stock

Makes 10 cups (10 servings)

2 rotisserie chickens
2 large onions, chopped
2 large carrots, scrubbed, chopped
2 celery ribs, chopped
14 c. water
2 bay leaves
6 parsley sprigs
1 bundle fresh thyme sprigs
16 black peppercorns
1 T. Real Salt

Strip the meat off the bones, set aside for another recipe. Pour the chicken bones, onions, carrots, celery and water in a large stockpot. Bring to a boil, skim off the foam. Add the remaining ingredients and drop heat to medium low. Cover and simmer for 2 hours.

Strain through a large sieve lined with 2 layers of cheesecloth. Cover and chill. Discard the fat.
Chill for up to 3 days or freeze the stock for up to 3 months.
*For a lower sodium option, use less salt or don’t use salt at all!

Per Serving

Calories 86
Total Fat 2.9g
Saturated Fat 0.8g
Monounsaturated Fat 1.3g
Cholesterol 7.2mg
Total Carbohydrate 8g
Protein 6g

Vitamins

Vitamin B1 0.08mg
Vitamin B2 0.20mg
Vitamin B3 3.80mg
Vitamin B6 0.14mg
Vitamin B9 12mcg

Choline 22mg

Minerals
Calcium 7.20mg
Copper 0.13mg
Iodine 18mcg
Iron 0.50mg
Magnesium 9.60mg
Phosphorus 64.80mg
Potassium 252mg
Selenium 5.28mcg
Sodium 636mcg
Zinc 0.34mg

Rosemary Focaccia Bread

Makes 6 servings

½ c. extra virgin olive oil
1 T. garlic, minced
1 tsp. dried thyme
1 tsp. dried rosemary
¼ tsp. black pepper
1 c. warm water, 105°F-110°F
2 ¼ tsp. active dry yeast
1 tsp. honey
2 ½ c. all-purpose flour
1 tsp. Real Salt

In a cold skillet, mix the first 5 ingredients. Put on low heat and cook for 5-10 minutes, just before the garlic browns. Set aside.

In a large bowl, mix the warm water, yeast and water. Stir and leave for 5 minutes. Pour into a mixing bowl. Add 1 cup flour and ¼ c. of the infused olive oil. Stir briefly. Leave for 5 minutes. Stir in the remaining flour and salt. Once the dough forms, transfer to a floured surface. Knead for 10-15 times or until it is smooth. Pour into a greased bowl. Cover with a damp warm cloth and proof for 1 hour in a warm place.

Heat oven to 400°F. Grease a 9 x 13” baking sheet with the reserved olive oil. Lay the dough on top. Press down into the dough with your fingers. Drizzle the remaining olive oil on top. Proof for 20 minutes. Bake for 20-23 minutes or until it’s golden brown.

Per Serving

Calories 344
Total Fat 17g
Saturated Fat 2.4g
Monounsaturated Fat 11.9g
Total Carbohydrate 43g
Sugar 1g
Protein 6.4g

Essential Amino Acids
Histidine 0.02g
Isoleucine 0.03g
Leucine 0.05g
Lysine 0.03g

Methionine 0.01g
Phenylalanine 0.03g
Threonine 0.03g
Tryptophan 0.01g
Valine 0.04g

Vitamins

Vitamin B1 0.65mg
Vitamin B2 0.29mg
Vitamin B3 4.12mg
Vitamin B5 0.21mg
Vitamin B6 0.08mg
Vitamin B9 36.25mcg
Vitamin K 3.1mcg

Minerals

Calcium 19.24mg
Copper 0.09mg
Iodine 10mcg
Iron 3.26mg
Magnesium 16mg
Manganese 0.45mg
Phosphorus 68.65mg
Potassium 96.17mg
Selenium 8.52mcg
Sodium 356mg
Zinc 0.53mg

ORAC

751

Rosemary Kalamata Olive Bread

Makes 2 loaves (8 servings)

2 ½ c. all-purpose flour
1 T. fast rising yeast
1 ½ tsp. granulated garlic
1 tsp. dried rosemary
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. ground black pepper
½ c. Kalamata olives, chopped, rinsed, drained and patted dry
1 c. water
¼ c. extra virgin olive oil
¼ c. honey

Mix the dry ingredients and olives in a mixing bowl. Heat the liquids to 120-125°F.

Add the warm liquid mixture in and combine with a dough hook. Once a dough forms, knead for 8-10 minutes until it becomes smooth and elastic. Cover and proof in a warm place for 30 minutes.

Punch down and shape into loaves or rolls. Cover with a damp towel and proof for another 30 minutes. Bake at 400°F for 30-35 minutes or until it sounds hollow. It should also reach 190-205°F inside. Cool completely before slicing.

You can also use this dough for pizza and calzones.

Per Serving

Calories 269
Total Fat 10g

Saturated Fat 1.3g
Monounsaturated Fat 5g
Total Carbohydrate 41g
Fiber 1.3g
Sugar 8g
Protein 5g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.03g
Leucine 0.05g
Lysine 0.05g
Methionine 0.01g
Phenylalanine 0.03g
Threonine 0.03g
Tryptophan 0.01g
Valine 0.04g

Vitamins

Vitamin B1 0.53mg
Vitamin B2 0.24mg
Vitamin B3 3.26mg
Vitamin B5 0.22mg
Vitamin B6 0.06mg
Vitamin B9 36.74mcg
Vitamin K 3.4mcg

Minerals

Calcium 16.53mg
Copper 0.07mg
Iron 2.60mg
Magnesium 13.34mg
Manganese 0.37mg
Phosphorus 55.56mg
Potassium 99mg
Selenium 6.5mg
Sodium 108mg
Zinc 0.45mg

ORAC

1,057

Sweet & Spicy Seasoning

Makes ¼ cup (12 servings)

2 T. brown sugar
4 tsp. ground thyme
2 tsp. Real Salt
2 tsp. smoked paprika
1 tsp. granulated garlic
1 tsp. cayenne pepper

Mix and store for up to 2 weeks. This seasoning works great for pork, chicken, shrimp and beef.

Per Serving

Calories 12
Total Carbohydrate 3g
Sugar 2g

Vitamins

Vitamin A 13mcg
Vitamin E 0.17mg
Vitamin K 6mcg

Minerals

Calcium 9.5mg
Iodine 10mcg
Iron 0.53mg
Magnesium 2mg
Manganese 0.04mg
Potassium 20.61mg

Sodium 2mg 670

ORAC

That Red Stuff

Makes 10 Tbsp. (120 ¼ tsp. servings)

2 ½ T. paprika
2 T. Real Salt*
2 T. granulated garlic
1 T. onion powder
1 T. ground oregano
1 T. ground thyme
1 ½ tsp. smoked paprika

Mix everything in a bowl and funnel into a salt or spice shaker bottle. This is my go-to seasoning for vegetables, meats, seafood, etc. Store in a cool, dark place away from your stove!
Mix and season meats such as beef, chicken, pork, salmon, shrimp or trout.

This is my favorite seasoning. I made this seasoning during my early days in high school. I would sit down to eat lunch and open up a bag of That Red Stuff. My peers asked if I would share. Before I knew it, the whole lunchroom was passing this bag of seasoning around. "Let's have some of That Red Stuff!"
Eventually I emptied out garlic powder containers for sheer convenience.
*You may reduce or eliminate the salt if you are watching your sodium intake.

Per Serving

Iodine 3mcg
Sodium 550mg

ORAC

138

West Virginia Sweet Rolls

Makes 12 servings

5 c. all-purpose flour
½ t. Real Salt
6 T. granulated sugar
2 T. active dry yeast
1 ½ c. warm water (120-125°F)
½ c. extra virgin olive oil

Mix the dry items together with a Kitchen Aid stand mixer with a dough hook. Gradually pour in the oil and water, mix until a dough forms. Knead in the bowl until it's smooth and elastic. Shape into rolls or loaves (rolls rise well in greased muffin pans).

Proof in a warm place for 20-30 minutes to double in size. Heat oven to 375°F. Lay the rolls on a parchment-lined baking sheet. Bake for 10-12 minutes or until they are golden brown, turning the baking sheet halfway through.

I used to make this recipe several times each week when I worked at the fancy 21 Club at the Frederick Hotel in Huntington, WV. At this restaurant, I learned many recipes from Chef Jason. He "allegedly" completed the apprenticeship program at the Greenbrier Resort where the apprentices are known to work 100+ hours each week. They are known for making EVERYTHING from scratch. You can slice the rolls after a few days and toast them for a wide range of appetizers.

Per Serving

Calories 291
Total Fat 9.3g
Saturated Fat 1.2g
Monounsaturated Fat 6g
Total Carbohydrate 45g
Fiber 0.5g
Sugar 6g
Protein 8.2g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.03g
Leucine 0.05g
Lysine 0.06g
Methionine 0.01g
Phenylalanine 0.03g
Threonine 0.04g
Tryptophan 0.01g
Valine 0.04g

Vitamins

Vitamin B1 0.71mg
Vitamin B2 0.3mg
Vitamin B3 4.2mg
Vitamin B5 0.27mg
Vitamin B6 0.07mg
Vitamin B9 46.8mcg

Minerals

Calcium 10.5mg
Copper 0.11mg
Iodine 2.5mcg
Iron 2.9mg
Magnesium 19.7mg
Manganese 0.39mg
Phosphorus 77mg
Potassium 85mg
Selenium 17.5mcg
Sodium 82mg

Zinc 0.7mg 33
ORAC

Just Desserts

Almond Butter No Bake Cookies
Makes 24 servings

1 stick butter, salted
½ c. almond butter*
1 ¾ c. coconut sugar
½ c. whole milk
¼ c. raw cacao powder
2 tsp. vanilla extract
3 c. old-fashioned oats

Melt the butters in a medium saucepan on medium high heat. Stir in the sugar until it dissolves. Add the milk, cocoa, vanilla and oats. Bring to a full boil and cook for 90 seconds. Quickly drop the oat mixture onto a greased sheet of parchment paper using greased tablespoons.
Store for up to 1 week in an airtight container between layers of parchment paper.
*You may use peanut butter instead of almond butter.

Per Serving

Calories 160
Total Fat 7.7g
Saturated Fat 2.9g
Monounsaturated Fat 3g
Omega 3 0.01g
Omega 6 0.10g
Cholesterol 11mg
Total Carbohydrate 22g
Fiber 2g
Sugar 14g

Protein 2.8g

Essential Amino Acids

Histidine 0.03g
Isoleucine 0.05g
Leucine 0.09g
Lysine 0.04g
Methionine 0.01g
Phenylalanine 0.07g
Threonine 0.03g
Tryptophan 0.01g
Valine 0.06g

Vitamins

Vitamin A 34mcg
Vitamin B1 0.05mg
Vitamin B2 8.61mg
Vitamin B3 4.67mg
Vitamin B5 0.02mg
Vitamin B6 2.37mg
Vitamin B7 3.97mcg
Vitamin B9 6.43mcg
Vitamin B12 0.03mcg
Vitamin C 4mg
Vitamin D 0.20mcg
Vitamin E 1.41mg
Vitamin K 0.70mcg
Choline 7.8mg

Minerals

Calcium 32mg
Copper 0.12mg
Iodine 3.16mcg
Iron 0.73mg
Magnesium 33mg
Manganese 0.14mg
Phosphorus 75.7mg
Potassium 91mg
Selenium 3.23mcg
Sodium 30mg
Zinc 0.6mg

ORAC

1,002

Apple Cinnamon Bread Pudding

Makes 9 servings

2 c. heavy cream
2 c. whole milk, raw
1 c. brown sugar, packed
9 large egg yolks
¾ tsp. Real Salt
2 tsp. ground cinnamon
1 tsp. ground nutmeg
2 large Granny Smith apples, peeled, cored and chopped
1 loaf challah bread, stale, cubed (9 cups)

Heat oven to 350°F. Grease a 9 x 13” pan with ghee.
In a large bowl, whisk together the first 7 ingredients. Stir in the apples and bread.
Pour the bread mixture into the prepared pan.

Bake the pudding for 45-50 minutes. Serve with Rum Caramel Sauce.

Per Serving

Calories 518
Total Fat 29g
Saturated Fat 16g
Monounsaturated Fat 7.9g
Omega 3 0.11g
Omega 6 0.49g

Cholesterol 278mg
Total Carbohydrate 56g
Fiber 2.7g
Sugar 30g
Protein 11g

Essential Amino Acids

Histidine 0.10g
Isoleucine 0.22g
Leucine 0.36g
Lysine 0.28g
Methionine 0.10g
Phenylalanine 0.18g
Threonine 0.18g
Tryptophan 0.06g
Valine 0.25g

Vitamins

Vitamin A 335mcg
Vitamin B1 0.27mg
Vitamin B2 91mg
Vitamin B3 49mg
Vitamin B5 0.80mg
Vitamin B6 25mg
Vitamin B7 10mcg
Vitamin B9 93mcg
Vitamin B12 0.70mcg
Vitamin C 9.6mg
Vitamin D 4mcg
Vitamin E 1mg
Vitamin K 6mcg
Choline 192mg

Minerals

Calcium 179mg
Copper 0.11mg
Iodine 58.66mcg
Iron 2.16mg
Magnesium 17mg
Manganese 0.13mg
Phosphorus 156mg
Potassium 182mg
Selenium 26mcg
Sodium 373mg
Zinc 1mg

ORAC

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Bailey's Crème Brûlée

Makes 6 servings

6 large eggs, separated
1 c. granulated sugar
2 c. heavy cream
2/3 c. Bailey's Irish Cream Liqueur
1 vanilla bean, split and scraped
¼ tsp. Real Salt

Whisk the egg yolks, sugar, salt and vanilla together into a thick paste. Whisk in the heavy cream. Strain and pour the egg mixture into 6 ramekins in a large roasting pan. Pour 1-1 ½" very hot water into the large roasting pan and cover. The water bath helps to cook the custard evenly.

Bake at 300°F for 60-75 minutes or until the custards have set. The custard should reach 165°F. Chill for at least 4 hours, preferably overnight. To serve, sprinkle some granulated sugar on top and use a torch to caramelize the sugar. For a plain Vanilla Crème Brûlée, omit the Bailey's.

Per Serving

Calories 470
Total Fat 33g

Saturated Fat 20g
Monounsaturated Fat 9g
Omega 3 0.18g
Omega 6 1.53g
Cholesterol 276mg
Total Carbohydrate 36g
Sugar 36g
Protein 8.5g

Essential Amino Acids

Histidine 0.20g
Isoleucine 0.45g
Leucine 0.72g
Lysine 0.55g
Methionine 0.24g
Phenylalanine 0.44g
Threonine 0.37g
Tryptophan 0.13g
Valine 0.56g

Vitamins

Vitamin A 406mcg
Vitamin B1 0.03mg
Vitamin B2 0.38mg
Vitamin B3 0.08mg
Vitamin B5 1mg
Vitamin B6 0.11mg
Vitamin B7 10mcg
Vitamin B9 26mcg
Vitamin B12 0.58mcg
Vitamin D 2.27mcg
Vitamin E 1.26mg
Vitamin K 2.7mcg
Choline 160mg

Minerals

Calcium 80mg
Copper 0.05mg
Iodine 50.8mcg
Iron 1mg
Magnesium 11mg
Manganese 0.02mg
Phosphorus 145mg
Potassium 145mg
Selenium 18mcg
Sodium 173mg
Zinc 0.84mg

ORAC

822

Belgian Chocolate Chunk Cookies

Makes 24 servings

2 sticks unsalted butter, softened
1 ¾ c. light brown sugar, packed
2 tsp. vanilla extract
2 large eggs, beaten
2 ½ c. all-purpose flour
¾ tsp. Real Salt
1 ½ tsp. baking soda
1 ½ c. dark Belgian chocolate, finely chopped

Heat oven to 375°F. Cream the butter and sugar in a large bowl. Stir in the vanilla and eggs. Mix the flour, salt and soda in a small bowl. Gradually mix in the flour mixture in three additions. Stir in the chocolate.

Line 3 cookie sheets with parchment. Roll out walnut-sized balls of dough and lay them 2” apart. Bake for 10-12 minutes. Cool for 3 minutes then

transfer to a wire rack to cool completely. Repeat with the remaining cookies. Munch on these for up to 1 week or freeze for up to 1 year.

Per Serving

Calories 239
Total Fat 13g
Saturated Fat 7.5g
Monounsaturated Fat 3.7g
Omega 3 0.03g
Omega 6 0.39g
Cholesterol 36mg
Total Carbohydrate 30g
Fiber 1.2g
Sugar 17g
Protein 3g

Vitamins

Vitamin A 71mcg
Vitamin B1 0.12mg
Vitamin B2 0.08mg
Vitamin B3 1mg
Vitamin B5 0.11mg
Vitamin B6 0.02mg
Vitamin B7 0.83mcg
Vitamin B9 2.24mcg
Vitamin B12 0.09mcg
Vitamin E 0.32mg
Vitamin K 1.5mcg
Choline 14mg

Minerals

Calcium 36mg
Copper 0.21mg
Iodine 4.25mcg
Iron 2mg
Magnesium 28mg
Manganese 0.30mg
Phosphorus 57mg
Potassium 101mg
Selenium 4mcg
Sodium 148mg
Zinc 0.50mg

ORAC

2,296

Biscoff Business Parfaits

Makes 4 servings*

12 gingersnap cookies
1 (15 oz.) can pure pumpkin
4 oz. cream cheese, softened
2 T. brown sugar, packed
1 tsp. ground cinnamon
1/8 tsp. ground ginger
1/8 tsp. ground nutmeg
1/16 tsp. ground cloves
1 c. heavy cream
2 T. granulated sugar
1 tsp. vanilla extract
4 T. Biscoff Cookie Butter**

Crush 8 of the cookies; set aside. Beat the pumpkin, cream cheese, brown sugar and spices until they are combined. In a separate bowl, beat the cream, granulated sugar and vanilla until they have reached stiff peaks.

To assemble the parfaits, divide half of the pumpkin mixture into 4 dessert cups. Add half of the gingersnap crumbs. Add half of the whipped cream. Sprinkle the remaining crumbs on top. Add the remaining pumpkin. Add the remaining whipped cream. Add 1 T. Biscoff cookie butter over each cup. Garnish each cup with a gingersnap. Chill for several hours.
*You can also turn this recipe into 8 servings by using small dessert cups.
**You can find this recipe in the Superb Sauces chapter.

Per Serving

Calories 629
Total Fat 32g
Saturated Fat 15g
Monounsaturated Fat 8.5g
Omega 3 0.10g
Omega 6 0.52g
Cholesterol 63mg
Total Carbohydrate 79g
Fiber 4.8g
Sugar 36g
Protein 7.7g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.17g
Leucine 0.31g
Lysine 0.26g
Methionine 0.08g
Phenylalanine 0.16g
Threonine 0.14g
Tryptophan 0.05g
Valine 0.20g

Vitamins

Vitamin A 1,038mcg
Vitamin B1 0.16mg
Vitamin B2 0.35mg
Vitamin B3 2.4mg
Vitamin B5 0.73mg
Vitamin B6 0.15mg
Vitamin B9 104mcg
Vitamin B12 0.11mcg
Vitamin C 4.7mg
Vitamin D 0.48mcg
Vitamin E 2.25mg
Vitamin K 22.8mcg
Choline 28.6mg

Minerals

Calcium 134mg
Copper 0.30mg
Iodine 27mcg
Iron 5.5mg
Magnesium 60mg
Manganese 0.32mg
Phosphorus 135mg
Potassium 506mg
Selenium 7mcg
Sodium 470mg
Zinc 0.73mg

ORAC

993

Biscoff Cookies

Makes 20 servings

2 c. all-purpose flour
½ tsp. Real Salt
2 tsp. ground cinnamon
¼ tsp. ground nutmeg

¼ tsp. ground ginger
¼ tsp. ground allspice
¼ tsp. ground cloves
¼ tsp. baking soda
¼ tsp. baking powder
1 c. butter, unsalted, softened
¾ c. brown sugar, packed
1 tsp. vanilla extract

In a medium bowl, sift the flour, salt, spices, baking soda and baking powder together. In a large bowl, cream the butter and sugar together. Add the vanilla. Gradually blend the dry ingredients into the butter mixture. It may be dry and crumbly. Form the dough into a ball, cover and chill for 1 hour.

Heat oven to 350°F and line 2 cookie sheets with parchment paper. Roll the dough out to 1/4" thick. Use a cookie cutter to cut out 20 cookies. Transfer the cookies with a spatula onto the cookie sheets. Bake for 12-15 minutes, one cookie sheet at a time.
Cool completely and keep in an airtight container for up to 10 days.

Per Serving

Calories 159
Total Fat 9.4g
Saturated Fat 5.7g
Monounsaturated Fat 2.66g
Omega 3 0.04g
Omega 6 0.25g
Cholesterol 24mg
Total Carbohydrate 18g
Sugar 8g
Protein 1.5g

Vitamins

Vitamin A 77.68mcg
Vitamin B1 0.11mg
Vitamin B2 0.06mg
Vitamin B3 0.86mg
Vitamin B5 0.02mg
Vitamin E 0.27mg
Vitamin K 1mcg

Minerals

Calcium 17.67mg
Iodine 4mcg
Iron 0.80mg
Magnesium 4.67mg
Manganese 0.17mg
Phosphorus 21mg
Potassium 39mg
Selenium 2.2mcg
Sodium 73mg

ORAC

560

Black Raspberry Cobbler

Makes 12 servings

1 ½ c. all-purpose flour
2 tsp. baking soda
1 tsp. cream of tartar
1 tsp. Real salt
1 stick unsalted butter, softened
½ c. granulated sugar, divided
1 large egg
2 tsp. vanilla extract
½ c. buttermilk
3 pints fresh black raspberries*

Heat oven to 350°F. Grease a 9 x 13” baking dish with ghee. Sift the dry ingredients together over a medium bowl. In a large bowl, cream the butter and ¾ c. sugar. Add the egg and vanilla.

Alternatively add the flour mixture and buttermilk, starting and ending with the flour. Arrange the berries in the prepared dish. Add ¼ c. sugar and mix. Spoon the batter on top.
Bake for 45-50 minutes. Cool for 30 minutes before serving.

I started making this dessert during my teenage years, 2003-2007, back on the farm in West Virginia. There was about 5 miles around the farm loaded with wild black raspberries. I would walk for miles with these 2 (5 gallon) buckets to harvest the berries. Often, I would also bring a large stick to fend off any snakes that were guarding the berries. After a while, I brought a machete so that I could secure more berries.
*You may also use fresh blueberries, blackberries or a combination.

Per Serving

Calories 210
Total Fat 9g
Saturated Fat 5.1g
Monounsaturated Fat 2.5g
Omega 3 0.03g
Omega 6 0.26g
Cholesterol 37mg
Total Carbohydrate 30g
Fiber 5.5g
Sugar 12g
Protein 3.5g

Essential Amino Acids

Histidine 0.06g
Isoleucine 0.10g
Leucine 0.19g
Lysine 0.10g
Methionine 0.05g
Phenylalanine 0.13g
Threonine 0.08g
Tryptophan 0.03g
Valine 0.12g

Vitamins

Vitamin A 77.44mcg
Vitamin B1 0.05mg
Vitamin B2 0.07mg
Vitamin B3 0.67mg
Vitamin B5 0.43mg
Vitamin B6 0.06mg
Vitamin B7 0.83mcg
Vitamin B9 23.18mcg
Vitamin B12 0.11mcg
Vitamin C 20.4mg
Vitamin D 0.21mcg
Vitamin E 0.96mg
Vitamin K 6.8mcg
Choline 26.7mg

Minerals

Calcium 38.27mg
Copper 0.09mg
Iodine 7.25mcg
Iron 0.80mg
Magnesium 22.31mg
Manganese 0.63mg
Phosphorus 58.66mg
Potassium 197.67mg
Selenium 7.25mcg
Sodium 405.41mg
Zinc 0.54mg

ORAC 15,175

Cacao Hemp Freezer Fudge

Makes 12 servings

½ c. almond butter*
2 T. unrefined coconut oil
¼ c. maple syrup
¼ c. + 2 T. Navitas Organics Cacao Powder**
¼ c. Navitas Organics Hemp Powder
Pinch of sea salt

Line a loaf pan with parchment paper, set aside. In a small saucepan over low heat, melt the almond butter, coconut oil and maple syrup. Add the cacao, hemp and salt, mix well. Scrape into loaf pan and spread evenly. Freeze for 30 minutes. Cut into squares and store in the freezer.

*You can use any nut butter.

**This recipe courtesy of Navitas Organics.

Per Serving

Calories 127
Total Fat 10g
Saturated Fat 2.7g
Monounsaturated Fat 3.8g
Omega 3 0.29g
Omega 6 0.99
Total Carbohydrate 8.6g
Fiber 2.3g
Sugar 4.7g
Protein 4g

Essential Amino Acids

Histidine 0.09g
Isoleucine 0.15g
Leucine 0.26g
Lysine 0.13g
Methionine 0.05g
Phenylalanine 0.19g
Threonine 0.12g
Tryptophan 0.03g
Valine 0.19g

Vitamins

Vitamin B1 0.05mg
Vitamin B2 0.20mg
Vitamin B3 0.70mg
Vitamin B5 0.04mg
Vitamin B6 0.03mg
Vitamin B9 10.15mcg
Vitamin E 2.55mg
Choline 6mg

Minerals

Calcium 49.39mg
Copper 0.26mg
Iron 1mg
Magnesium 68.81mg
Manganese 0.79mg
Phosphorus 130mg
Potassium 178.3mg
Selenium 0.72mcg
Sodium 30mg
Zinc 1mg

ORAC

2.201

Chocolate Ice Cream

Makes 2 quarts (8 servings)

1 c. organic raw cacao powder*
2/3 c. granulated sugar
½ c. brown sugar, packed
1 ½ c. whole milk, raw
3 ¼ c. heavy cream
1 vanilla bean, scraped

Whisk the cocoa, sugar and brown sugar together in a bowl. Whisk in the liquids and chill for at least 12 hours. Freeze your ice cream maker bowl and paddle. If you can, freeze for 24 hours.

Turn the ice cream machine on BEFORE you add the mix. Let it run for 2 minutes. Slowly pour in the cream mixture. Churn for 15-20 minutes.

*You can also use organic Dutch cocoa powder for a softer chocolate flavor.

Per Serving

Calories 496
Total Fat 38g
Saturated Fat 24g
Monounsaturated Fat 9.2g
Omega 3 0.15g
Omega 6 0.90g
Cholesterol 116mg
Total Carbohydrate 40g
Fiber 4g
Sugar 34g
Protein 6.6g

Essential Amino Acids

Histidine 0.10g
Isoleucine 0.22g
Leucine 0.35g
Lysine 0.22g
Methionine 0.08g
Phenylalanine 0.22g
Threonine 0.20g
Tryptophan 0.09g
Valine 0.29g

Vitamins

Vitamin A 414mcg
Vitamin B1 0.02mg
Vitamin B2 77mg
Vitamin B3 39mg
Vitamin B5 0.50mg
Vitamin B6 21mg
Vitamin B7 0.87mcg
Vitamin B9 7mcg
Vitamin B12 0.35mcg
Vitamin D 3.33mcg
Vitamin E 1mg
Vitamin K 5.6mcg
Choline 17mg

Minerals

Calcium 152mg
Copper 0.42mg
Iodine 36mcg
Iron 1.6mg
Magnesium 60mg
Manganese 0.41mg
Phosphorus 135mg
Potassium 256mg
Selenium 4.54mcg
Sodium 28mg
Zinc 1mg

ORAC

6,800

Chocolate Souffle

Makes 1 serving

½ c. Godiva chocolate liqueur
2 T. cocoa powder
1 c. dark chocolate syrup
1 large egg, separated
1 T. granulated sugar
1 T. cocoa powder

Heat oven to 375°F. Grease a 5 oz. ramekin with butter and coat with cocoa powder. Mix the Godiva, cocoa powder and syrup in a small bowl. This is the chocolate souffle base. You can chill the remaining chocolate souffle base whenever you want to make more Chocolate Souffles!

Mix 1 T. chocolate base, 1 egg yolk, sugar and cocoa powder together in a bowl.

In a separate wide bowl, whip the egg white to stiff moist peaks. You will transform into Popeye. The forearm pump is unreal. Gently fold the chocolate base into the whipped egg white.
Pour the batter into the prepared ramekin.

Bake for 12-15 minutes. Serve immediately. It's best to have a fancy convection oven with a window. If you open the oven door while the souffles bake, they may fall down.

Per Serving

Calories 203
Total Fat 7.4g
Saturated Fat 3.1g
Monounsaturated Fat 2.7g
Omega 3 0.05g
Omega 6 0.8g
Cholesterol 186mg
Total Carbohydrate 34g
Fiber 7g
Sugar 22g
Protein 10g

Essential Amino Acids

Histidine 0.21g
Isoleucine 0.48g
Leucine 0.77g
Lysine 0.64g
Methionine 0.22g
Phenylalanine 0.52g
Threonine 0.42g
Tryptophan 0.13g
Valine 0.65g

Vitamins

Vitamin A 80mcg
Vitamin B1 0.03mg
Vitamin B2 0.28mg
Vitamin B3 0.48mg
Vitamin B5 0.81mg
Vitamin B6 0.1mg
Vitamin B9 30mcg
Vitamin B12 0.45mcg
Vitamin D 1mcg
Vitamin E 0.55mg
Vitamin K 0.7mcg
Choline 149mg

Minerals

Calcium 52.5mg
Copper 0.8mg
Iodine 27mcg
Iron 3.5mg
Magnesium 107mg
Manganese 0.74mg
Phosphorus 247.6mg
Potassium 378mg
Selenium 18.4mcg
Sodium 96mg
Zinc 2mg

ORAC
7,688

Christmas Party Hot Chocolate

Makes 4 servings

¼ c. granulated sugar
¼ c. cocoa powder
1 c. heavy cream
3 c. whole milk, raw
½ c. semisweet chocolate chips
½ tsp. vanilla extract
2 T. Godiva chocolate liqueur
2 T. Bailey's Irish cream liqueur

In a medium saucepan, whisk the sugar and cocoa powder together. Whisk in the cream, milk and chocolate chips.

Heat on medium heat until it reaches a light simmer. Stir constantly to melt the chocolate. Off heat, stir in the vanilla extract and liqueur.

Per Serving

Calories 475
Total Fat 35g
Saturated Fat 21g
Monounsaturated Fat 9g
Omega 3 0.02g
Cholesterol 90mg
Total Carbohydrate 39g
Fiber 3.2g
Sugar 35g
Protein 9.6g

Essential Amino Acids
Histidine 0.02g
Isoleucine 0.04g
Leucine 0.06g
Lysine 0.05g
Methionine 0.01g
Phenylalanine 0.05g
Threonine 0.04g
Tryptophan 0.02g
Valine 0.06g

Vitamins
Vitamin A 305mcg
Vitamin B1 0.13mg
Vitamin B2 0.40mg
Vitamin B3 0.43mg
Vitamin B6 0.14mg
Vitamin B7 3.48mcg
Vitamin B9 6.85mcg
Vitamin B12 1mcg
Vitamin D 2.97mcg
Vitamin E 0.70mg
Vitamin K 3.7mcg
Choline 48mg

Minerals
Calcium 278mg
Copper 0.36mg

Iodine 58mcg
Iron 1.47mg
Magnesium 77mg
Manganese 0.20mg
Phosphorus 286mg
Potassium 490mg
Selenium 7mcg
Zinc 1.6mg
ORAC
6,080

Cinnamon Rolls

Makes 12 servings

½ c. whole milk, raw
1 stick butter, unsalted
½ c. warm water (110-115°F)
2 ½ tsp. active dry yeast
¼ c. granulated sugar
1 large egg + 2 egg yolks, beaten
1 ½ tsp. Real Salt
4 c. all-purpose flour

8 oz. cream cheese, softened
2 T. honey
2 T. heavy cream
1 c. powdered sugar, sifted
1 tsp. vanilla extract
¾ c. light brown sugar, packed
3 T. ground cinnamon

Heat the milk and butter in a saucepan briefly to melt the butter. Set aside and cool until it reaches 100°F. Mix the eggs on low speed using a KitchenAid mixer. Slowly add the water, yeast, sugar on low speed. This will help to temper the eggs. Add the salt, warm milk and 2 c. flour on medium speed. Switch to the dough hook and add another 2 c. flour. (You may need to add up to ¼ c. more flour if it's a dark, cloudy day.) Knead until the dough is smooth and elastic, 10 min. Pour the dough into a lightly greased bowl. Proof in a warm place for 1 ½-2 hrs.

For the cream cheese frosting, mix the cream cheese, honey, heavy cream, powdered sugar and vanilla on low speed. Raise up to high speed for 2 minutes. Chill for later.

Roll out the dough to a 16x12" rectangle. Mix the brown sugar and cinnamon in a small bowl. Spread out the cinnamon filling onto the dough leaving a ½" border. Roll up and seal the edges with water. Grease a 9 x 13" baking dish with ghee. Cut the dough into 12 rolls.
Lay them in the pan and cover with plastic wrap. Proof for 1 ½ - 2 hours.

Heat oven to 350°F. Bake for 25-30 minutes or until a toothpick comes out clean. Cool completely and spread the frosting on top. If you would like to shave off 8g sugar per serving, don't use frosting!

Per Serving

Calories 430
Total Fat 17g
Saturated Fat 9.8g
Monounsaturated Fat 4.6g
Omega 3 0.06g
Omega 6 0.44g
Cholesterol 90mg
Total Carbohydrate 64g
Fiber 1.3g
Sugar 29g
Protein 7.6g

Essential Amino Acids

Histidine 0.07g
Isoleucine 0.14g
Leucine 0.25g
Lysine 0.22g
Methionine 0.07g
Phenylalanine 0.12g
Threonine 0.11g
Tryptophan 0.03g
Valine 0.17g

Vitamins

Vitamin A 154mcg
Vitamin B1 0.49mg
Vitamin B2 17.4mg
Vitamin B3 12mg
Vitamin B5 0.39mg
Vitamin B6 4.78mg
Vitamin B7 2.5mcg
Vitamin B9 28mcg
Vitamin D 0.67mcg
Vitamin E 0.56mg
Vitamin K 3.9mcg
Choline 43mg

Minerals

Calcium 87mg
Copper 0.07mg
Iodine 24.5mcg
Iron 2.71mg
Magnesium 15.5mg
Manganese 0.66mg
Phosphorus 95mg
Potassium 113mg
Selenium 11mcg
Sodium 310mg
Zinc 0.65mg

ORAC

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Dark Chocolate

Makes 8 servings

8 oz. cocoa liquor wafers*
4 T. raw honey

Fill a small saucepan with 1” water. Heat to a simmer. Pour the wafers in a medium metal bowl. Set the bowl on top of the saucepan. Stir the wafers until they melt. Off heat, stir in the honey. You can add more honey for a sweeter chocolate. If you add less than 4 T. honey, you will have a darker, bitter chocolate. I have used coconut sugar in place of the honey. It makes for a drier, slightly crunchy chocolate. For a creamier chocolate, you can also add cocoa butter wafers.

Line a baking sheet with parchment paper. Pour the chocolate on the sheet. Spread with a butter knife or spatula. Chill for 1 hour. Break up the

chocolate into pieces. Store in an airtight container for up to 2 weeks. This chocolate will be softer than a commercially made chocolate as it won't have the notorious snap. I prefer softer chocolate.
*You may also use baker's chocolate.

Per Serving

Calories 214
Total Fat 15g
Saturated Fat 9.2g
Monounsaturated Fat 4.55g
Total Carbohydrate 17g
Fiber 4.7g
Sugar 8.9g
Protein 4.1g

Essential Amino Acids
Histidine 0.06g
Isoleucine 0.11g
Leucine 0.19g
Lysine 0.13g
Methionine 0.04g
Phenylalanine 0.15g
Threonine 0.10g
Tryptophan 0.03g
Valine 0.18g

Vitamins
Vitamin B1 0.04mg
Vitamin B2 0.03mg
Vitamin B3 0.39mg
Vitamin B5 0.05mg
Vitamin B9 8.15mcg
Vitamin E 0.11mg
Vitamin K 2.7mcg
Choline 13.2mg

Minerals
Calcium 29.26mg
Copper 0.92mg
Iron 4.97mg
Magnesium 92.91mg
Manganese 1.18mg
Phosphorus 113.82mg
Potassium 240.77mg
Selenium 2.38mcg
Zinc 2.75mg

ORAC
14,294

Fudge Brownies

Makes 9 servings

1 ½ sticks butter, unsalted
4 oz. unsweetened chocolate, chopped
2 large eggs, beaten
1 1/3 c. granulated sugar
2 tsp. vanilla extract
¼ tsp. Real Salt
¼ c. cake flour, sifted

Heat oven to 350°F and grease a 9" square baking pan with ghee. Line the pan with parchment paper. Meanwhile, fill a medium pot with water. Bring to a light simmer. Set a medium bowl on top. Add the butter and chocolate. Stir until the chocolate is melted. Set aside for 15 minutes.

Whip the eggs, vanilla, sugar and salt for 4-5 minutes on high speed until it's thick and light. A KitchenAid mixer is your friend here. While stirring, pour some egg mix into the chocolate to lighten it up. Then pour the chocolate into the egg mix on medium speed. Mix in the flour.

Pour the batter into the prepared pan. Shake several times to break up any bubbles in the batter. Bake for 30-40 minutes. Instead of using icing or frosting, try spreading Nakee Butter on top. I created this recipe when I was 15.

Per Serving

Calories 362
Total Fat 23g
Saturated Fat 14g
Monounsaturated Fat 6.8g
Omega 3 0.09g
Omega 6 0.58g
Cholesterol 82mg
Total Carbohydrate 36g
Fiber 2.2g
Sugar 30g
Protein 3.7g

Essential Amino Acids

Histidine 0.07g
Isoleucine 0.15g
Leucine 0.24g
Lysine 0.18g
Methionine 0.07g
Phenylalanine 0.16g
Threonine 0.12g
Tryptophan 0.04g
Valine 0.20g

Vitamins

Vitamin A 146mcg
Vitamin B1 0.05mg
Vitamin B2 0.09mg
Vitamin B3 0.44mg
Vitamin B5 0.23mg
Vitamin B6 0.02mg
Vitamin B7 2.22mcg
Vitamin B9 20mcg
Vitamin B12 0.13mcg
Vitamin D 0.22mcg
Vitamin E 0.61mg
Vitamin K 2.6mcg
Choline 42mg

Minerals

Calcium 24mg
Copper 0.44mg
Iodine 7.66mcg
Iron 2.72mg
Magnesium 44mg
Manganese 0.56mg
Phosphorus 81mg
Potassium 131mg
Selenium 5mcg
Sodium 74mg
Zinc 1.42mg

ORAC

6,624

Gluten-Free Brownies

Makes 8 servings

1 c. overripe banana, mashed
2/3 c. peanut butter*
1/3 c. + 3 T. Dutch cocoa powder
1 tsp. vanilla extract
¼ tsp. Real Salt
¼ c. maple syrup

Heat oven to 325°F. Spread parchment paper onto an 8 x 8" baking pan. Mix all of the ingredients until it's completely smooth. Spread the batter into the pan.

Bake for 23-25 minutes. For super fudgy brownies, bake for only 20 minutes. Cool completely. Loosely cover with a paper towel. Chill overnight. You can store the brownies for up to 3 days or freeze for up to 1 month. Serve plain or with Nakee Butter.
*You can also use almond, cashew or sunflower butter.

Per Serving

Calories 192
Total Fat 12g
Saturated Fat 2.7g
Monounsaturated Fat 5.8g
Total Carbohydrate 21g
Fiber 3.4g
Sugar 12g
Protein 6g

Essential Amino Acids

Histidine 0.15g
Isoleucine 0.17g
Leucine 0.41g
Lysine 0.21g
Methionine 0.06g
Phenylalanine 0.32g
Threonine 0.15g
Tryptophan 0.06g
Valine 0.24g

Vitamins

Vitamin B1 0.05mg
Vitamin B2 0.21mg
Vitamin B3 3.15mg
Vitamin B5 0.35mg
Vitamin B6 0.20mg
Vitamin B7 0.76mcg
Vitamin B9 26mcg
Vitamin C 2.4mg
Vitamin E 2mg
Choline 17.2mg

Minerals

Calcium 28mg
Copper 0.3mg
Iodine 1.87mcg
Iron 1.3mg
Magnesium 71mg
Manganese 0.92mg
Phosphorus 117mg
Potassium 376mg
Selenium 1.9mcg
Sodium 66mg
Zinc 1mg

ORAC

3,192

Hemp Protein Brownies

Makes 8 servings

1 (14.8 oz.) bag Better Option Foods Protein Brownie Mix*

½ c. cool water
1/3 c. coconut oil**
1 large egg

Heat oven to 350°F. Grease a 8 x 8" square baking pan with ghee and line the pan with parchment paper. Pour the brownie mix into a large bowl. Add water, oil and egg. Stir with a spatula until it is well combined. Pour the batter into the baking dish.

Bake for 22 minutes or until a toothpick comes out clean. Cool and cut into 8 pieces.
Store in an airtight container for up to 5 days or freeze for longer storage.
*Recipe courtesy of my friend Laura at Better Option Foods.
**Melt and then measure.

Per Serving

Calories 279
Total Fat 13g
Saturated Fat 7.6g
Monounsaturated Fat 0.8g
Cholesterol 23mg
Total Carbohydrate 39g
Fiber 6g
Sugar 25g
Protein 6.8g

Vitamins

Vitamin A 10mcg
Vitamin B1 0.1mg
Vitamin B2 0.05mg
Vitamin B3 0.5mg
Vitamin B5 0.1mg
Vitamin B6 0.11mg
Vitamin B7 1.25mcg
Vitamin B9 17.94mcg
Vitamin B12 0.06mcg
Vitamin D 0.12mcg
Vitamin E 0.18mg
Vitamin K 0.1mcg
Choline 18.4mg

Minerals

Calcium 53.59mg
Copper 0.2mg
Iodine 3mcg
Iron 5.21mg
Magnesium 70.75mg
Manganese 1.2mg
Phosphorus 162.38mg
Potassium 518.62mg
Selenium 2.92mcg
Sodium 13.88mg
Zinc 1mg

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7,452

Hemp Protein Brownies II

Makes 12 servings

2 large eggs

1 T. vanilla extract

1 tsp. Real Salt
9 Medjool dates, pitted, chopped
5 T. honey
½ c. almond butter
¾ c. hemp flour*
1 c. Dutch cocoa powder
1 tsp. baking powder

Heat oven to 350℉. Grease an 8 x 8” baking dish with coconut oil. Mix every ingredient in a large bowl. Pour the batter into the baking dish.

Bake for 23-25 minutes or until a toothpick comes out clean. Cool and cut into 12 pieces.
Store in an airtight container for up to 5 days or freeze for longer storage.
*Go with hemp flour from Better Option Foods.

Per Serving

Calories 204
Total Fat 8.4g
Saturated Fat 1.25g
Monounsaturated Fat 4g
Omega 3 0.07g
Omega 6 0.35g
Cholesterol 31mg
Total Carbohydrate 31g
Fiber 8.4g
Sugar 19g
Protein 8.2g

Vitamins
Vitamin A 14.6mcg
Vitamin B1 0.1g
Vitamin B2 0.19mg
Vitamin B3 1.25mg
Vitamin B5 0.32mg
Vitamin B6 0.16mg
Vitamin B7 1.85mcg
Vitamin B9 29.18mcg
Vitamin B12 0.07mcg
Vitamin D 0.16mcg
Vitamin E 2.64mg
Vitamin K 0.69mcg
Choline 32.74mg

Minerals
Calcium 94.66mg
Copper 0.61mg
Iodine 9.5mcg
Iron 3.16mg
Magnesium 80.0mg
Manganese 1.84mg
Phosphorus 270mg
Potassium 455mg
Selenium 3.9mcg
Sodium 191mg
Zinc 1.76mg

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4,129

Lemongrass Leisure Ice Cream

Makes 2 quarts (8 servings)

6 large egg yolks
1 ½ c. heavy cream, divided

1 ½ c. whole milk
¾ c. granulated sugar
¼ tsp. Real Salt
2 vanilla beans, split and scraped
4 stalks lemongrass, crushed

Whisk the yolks in a bowl. Pour 1 c. cream in another bowl, set a strainer on top. Whisk the milk, sugar, salt and ½ c. cream in a medium saucepan.

Bring to a simmer. Slowly whisk this mixture into the egg yolks. Return the tempered mix back to the saucepan and constantly stir on medium low heat until its 160-170°F, for around 5 minutes. DO NOT BOIL. Pour into the strainer and cool completely. Chill overnight.

Freeze your ice cream bowl and paddle for 12-24 hours. Turn the machine on and let it run for 2 minutes. Slowly pour in the cream mixture. Churn for 15-20 minutes.
For vanilla ice cream, omit the lemongrass.

Per Serving

Calories 295
Total Fat 21g
Saturated Fat 13g
Monounsaturated Fat 5.5g
Omega 3 0.08g
Omega 6 0.41g
Cholesterol 195mg
Total Carbohydrate 23g
Sugar 22g
Protein 5g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.17g
Leucine 0.28g
Lysine 0.21g
Methionine 0.07g
Phenylalanine 0.14g
Threonine 0.14g
Tryptophan 0.05g
Valine 0.19g

Vitamins

Vitamin A 249mcg
Vitamin B1 0.03mg
Vitamin B2 77mg
Vitamin B3 39.40mg
Vitamin B5 0.60mg
Vitamin B6 21mg
Vitamin B7 8.37mcg
Vitamin B9 20.40mcg
Vitamin B12 0.52mcg
Vitamin C 1mg
Vitamin D 3.18mcg
Vitamin E 0.74mg
Vitamin K 3.7mcg
Choline 112mg

Minerals

Calcium 102mg
Iodine 44.87mcg
Iron 0.40mg
Magnesium 3.76mg
Phosphorus 75.61mg
Potassium 56.7mg
Selenium 8.60mcg
Sodium 78mg
Zinc 0.40mg

ORAC

928

Mango Ginger Empanadas
Makes 10 servings

4 c. mangoes, chopped
½ c. water
½ c. light brown sugar, packed
½ tsp. ground ginger
¼ c. lime juice
2 1/8 c. all-purpose flour
2 tsp. baking powder
¾ tsp. Real Salt
6 T. lard
¾ c. whole milk, raw
1 large egg + 1 tsp. water

In a medium saucepan, pour in the mangoes, water, sugar, ginger and lime juice. Bring to a boil. Drop heat to low, cover and simmer for 30 minutes. Cool completely.

In a large bowl, mix the flour, baking powder and salt together. Cut in the lard with a pastry blender or food processor until the mixture resembled pea-size crumbs. Add the milk and stir until a dough forms. Lightly flour your hands and table. Knead the dough for 20-30 seconds. Roll the dough out to ½" thick.

With a cup or biscuit cutter, cut out 2 ½" rounds. Roll out each round to 5-6" in diameter. Add 2 T. filling. Mix the egg and water. Brush half of the edge with egg wash. Fold over and press down with a floured fork to seal the edges. Cut out 3 small holes on top to release steam. Repeat with the remaining rounds.

Heat oven to 350°F. Line a cookie sheet with parchment paper. Lay the empanadas on top. Bake for 25-30 minutes.

Per Serving

Calories 267
Total Fat 9.5g
Saturated Fat 3.7g
Monounsaturated Fat 3.73g
Cholesterol 29mg
Total Carbohydrate 43g
Fiber 1g
Sugar 20g
Protein 4.8g

Essential Amino Acids

Histidine 0.02g
Isoleucine 0.05g
Leucine 0.08g
Lysine 0.09g

Methionine 0.02g
Phenylalanine 0.05g
Threonine 0.04g
Tryptophan 0.02g
Valine 0.07g

Vitamins

Vitamin A 50.51mcg
Vitamin B1 0.27mg
Vitamin B2 30.91mg
Vitamin B3 18mg
Vitamin B5 0.21mg
Vitamin B6 8.58mg
Vitamin B7 1.34mcg
Vitamin B9 31.34mcg
Vitamin B12 0.12mcg
Vitamin C 26mg
Vitamin D 1mcg
Vitamin E 0.70mg
Vitamin K 3.70mcg
Choline 23.8mg

Minerals

Calcium 96.92mg
Copper 0.11mg
Iodine 11.4mcg
Iron 1.82mg
Magnesium 15.35mg
Manganese 0.28mg
Phosphorus 117.92mg
Potassium 263.68mg
Selenium 6.24mcg
Sodium 168.34mg
Zinc 0.33mg

ORAC

954

Molasses Cookies

Makes 36 servings

1 ½ sticks butter, unsalted, softened
1 c. light brown sugar, packed
1 large egg, beaten
1 tsp. vanilla extract
⅓ c. unsulfured molasses
2 c. all-purpose flour
1 tsp. baking soda
½ tsp. Real Salt
1 tsp. ground ginger
1 tsp. ground cloves
2 ¼ tsp. ground cinnamon

Cream the butter and sugar in a large bowl. Stir in the egg, vanilla and molasses. Mix the flour, soda, salt and spices in a small bowl.

Gradually mix in the flour mixture in 3 additions. Pour into a greased bowl. Cover and chill for 2 hours.

Heat oven to 350°F. Line three or four cookie sheets with parchment paper. Roll out walnut-size balls of dough and lay them 2” apart. Bake for 11-13 minutes. Cool for 3 minutes then transfer to a wire rack to cool completely. Munch on these for up to 1 week or freeze for up to 1 year.

Per Serving

Calories 94
Total Fat 4.1g

Saturated Fat 2.4g
Monounsaturated Fat 1.1g
Omega 3 0.01g
Omega 6 0.12g
Cholesterol 15mg
Total Carbohydrate 14g
Sugar 8g
Protein 1g

Vitamins

Vitamin A 34mcg
Vitamin B1 0.06mg
Vitamin B2 0.04mg
Vitamin B3 0.51mg
Vitamin B5 0.06mg
Vitamin B6 0.03mg
Vitamin B9 1mcg
Vitamin B12 0.02mcg
Vitamin E 0.13mg
Choline 5.5mg

Minerals

Calcium 16mg
Copper 0.03mg
Iodine 0.83mcg
Iron 0.63mg
Magnesium 10.5mg
Manganese 0.18mg
Phosphorus 12.8mg
Potassium 68mg
Selenium 2.23mcg
Sodium 32mg
Zinc 1mg

ORAC

439

Monkey Bars

Makes 15 bars

½ c. raw cacao powder
1 ½ c. raw honey
2 T. vanilla extract
1 ½ c. peanut butter, unsalted
½ tsp. ground cinnamon

1 c. Good Stuff Cacao, chopped

1 c. sliced almonds, toasted
1 c. unsweetened coconut flakes, toasted
1 c. chia seeds
6 c. Koala Crisp cereal (or puffed quinoa)

This recipe is best done using a Kitchen Aid mixer, save your arms! Mix the cacao powder and honey together. Stir in the vanilla, peanut butter, cinnamon, cacao, almonds, coconut and chia. Slowly add the cereal in 4 additions.

Spread onto a greased large baking sheet. Press down firmly with greased parchment paper. Chill for 30 minutes, then cut into bars. Chill for up to 1 week or freeze for longer storage.

This recipe holds a very special place in my heart. I created this recipe in 2009 in my first apartment while I went to culinary school. After falling asleep in my ServSafe class, I was recruited to work for the Food Network.

Chef Jamie Oliver came to Huntington, WV to make the Food Revolution TV show on ABC. After 8 years of practice and refinement, I decided to unleash this recipe onto the world. I sold Monkey Bars to juice bars and health food stores. I built a legendary team, and we produced millions of bars. This recipe transformed into the Choco Peanut WHY BAR and the rest is history. Why Bars have graced the shelves of Kroger, Whole Foods, 7-11 and many stores through America.

Per Serving

Calories 502
Total Fat 29g
Saturated Fat 9.4g
Monounsaturated Fat 10.65
Omega 3 1.93g
Omega 6 4.54g
Total Carbohydrate 58g
Fiber 10g
Sugar 37g
Protein 12g

Essential Amino Acids

Histidine 0.27g
Isoleucine 0.36g
Leucine 0.76g
Lysine 0.40g
Methionine 0.16g
Phenylalanine 0.58g
Threonine 0.31g
Tryptophan 0.14g
Valine 0.47g

Vitamins

Vitamin B1 0.13mg
Vitamin B2 0.17mg
Vitamin B3 4.81mg
Vitamin B5 0.40mg
Vitamin B7 2.96mcg
Vitamin B9 29.84mcg
Vitamin E 4mg
Vitamin K 1.1mcg
Choline 25.8mg

Minerals

Calcium 114mg
Copper 0.74mg
Iodine 1.6mcg
Iron 4.24mg
Magnesium 146mg
Manganese 1.53mg
Phosphorus 278mg
Potassium 398mg
Selenium 9.56mcg
Sodium 65mg
Zinc 2.6mg

ORAC

8,701

Pumpkin Spice Bread Pudding

Makes 8 servings

1 c. heavy cream
1 c. whole milk
2 c. pumpkin puree
1 c. brown sugar, packed
2 large eggs + 1 egg yolk
2 tsp. ground cinnamon
½ tsp. ground ginger
½ tsp. ground nutmeg
¼ tsp. ground cloves
¼ tsp. ground allspice
2 tsp. vanilla extract
1 loaf challah bread, stale, cubed (9 cups)

Whisk the first eleven ingredients in a large bowl. Mix in the bread and leave for 20 minutes. Heat oven to 350°F. Grease a 9 x 13" baking dish with ghee.

Pour the pudding into the greased dish. Bake for 40-45 minutes. Serve with Rum Caramel Sauce.

Per Serving

Calories 429
Total Fat 17g
Saturated Fat 9.2g
Monounsaturated Fat 4.6g
Omega 3 0.07g
Omega 6 0.47g
Cholesterol 135mg
Total Carbohydrate 61g
Fiber 3.5g
Sugar 32g
Protein 9.7g

Essential Amino Acids

Histidine 0.08g
Isoleucine 0.16g
Leucine 0.27g
Lysine 0.21g
Methionine 0.08g
Phenylalanine 0.16g
Threonine 0.14g
Tryptophan 0.05g
Valine 0.20g

Vitamins

Vitamin A 672mcg
Vitamin B1 0.26mg
Vitamin B2 51.64mg
Vitamin B3 29mg
Vitamin B5 0.68mg
Vitamin B6 14.24mg
Vitamin B7 3mcg
Vitamin B9 87mcg
Vitamin B12 0.38mcg
Vitamin C 3.4mg
Vitamin D 2.24mcg
Vitamin E 1.27mg
Vitamin K 13.2mcg
Choline 111mg

Minerals

Calcium 163mg
Copper 0.18mg
Iodine 21mcg
Iron 3mg
Magnesium 31.6mg
Manganese 0.31mg
Phosphorus 131mg
Potassium 278mg
Selenium 22mcg

Sodium 242mg
Zinc 0.82mg
ORAC 499

Superfood Cookies

Makes 12 servings

1 1/3 c. whole wheat flour
1 ½ c. old-fashioned oats
¾ c. shredded coconut, unsweetened
¼ c. chia seeds
¼ c. hemp seeds
½ c. baking chocolate, finely chopped
½ tsp. baking powder
½ tsp. baking soda
½ tsp. Real Salt
1 c. unsalted butter, softened
1 c. dark brown sugar
1 vanilla bean, split, scraped*
1 large egg, beaten

Heat oven to 350°F. Line 2 cookie sheets with parchment paper.

Mix the first 9 ingredients in a medium bowl. In a large bowl, mix the butter until it's smooth. Add the sugar and vanilla. On medium high speed, beat until it's creamy. Mix in the egg. Slowly add in the dry ingredients. Do not overmix.

Use the #20 cookie scoop to portion out the cookie dough. Flatten each cookie with a fork. Bake for 10-12 minutes.
*You can also use 1 tsp. vanilla extract.

Per Serving

Calories 414
Total Fat 27g
Saturated Fat 16g
Monounsaturated Fat 6.2g
Omega 3 1.31g
Omega 6 1.73g
Cholesterol 56mg
Total Carbohydrate 39g
Fiber 6.5g
Sugar 17g
Protein 7g

Essential Amino Acids
Histidine 0.14g
Isoleucine 0.22g
Leucine 0.39g
Lysine 0.24g
Methionine 0.12g
Phenylalanine 0.28g
Threonine 0.19g
Tryptophan 0.08g
Valine 0.29g

Vitamins
Vitamin A 136mcg
Vitamin B1 0.2mg
Vitamin B2 0.09mg
Vitamin B3 1.67mg
Vitamin B5 0.23mg
Vitamin B6 0.11mg
Vitamin B7 4.70mcg
Vitamin B9 17.46mcg

Vitamin B12 0.07mcg
Vitamin E 0.72mg
Vitamin K 2.30mcg
Choline 28mg

Minerals

Calcium 69mg
Copper 0.43mg
Iodine 2.5mcg
Iron 2.89mg
Magnesium 98mg
Manganese 1.36mg
Phosphorus 253mg
Potassium 262mg
Selenium 17.33mcg
Sodium 155mg
Zinc 2mg

ORAC

4,203

Sweet Potato Pie

Makes 8 servings

25 gingersnap cookies*
7 T. unsalted butter, melted, divided
8 oz. sweet potato, peeled, chopped
2 ½ T. all-purpose flour
¾ tsp. Real Salt
¾ tsp. ground ginger
1 tsp. ground cinnamon
¼ tp. ground nutmeg
1/8 tsp. ground cloves
¼ c. granulated sugar
3 large eggs
1 c. condensed milk

Heat oven to 325°F. Dump the cookies in the bowl of food processor; pulse until fairly fine, yielding 1 cup crumbs. Transfer to a medium bowl. Stir in 4 tablespoons melted butter. Press mixture into bottom and sides of a 9-inch pie pan. Bake until set and slightly browned, 12 to 15 minutes. Set aside to cool.

Turn oven up to 375°F. Fill a small saucepan with water. Add potato, bring to a boil, reduce heat, and simmer until the potato is very tender, about 12 minutes. Drain.

In a bowl, combine flour, salt, ginger, cinnamon, nutmeg, and cloves; set aside.

Pass potato through a food mill or potato ricer into the bowl of an electric mixer. Add sugar, eggs, and condensed milk. Mix until combined. Stir in remaining 3 tablespoons butter until combined. Add reserved flour mixture and combine. Pour the filling into the cooled crust. Bake until filling is set, 33-35 minutes.

*Go for the store brand, 365 by Whole Foods Market.

Per Serving

Calories 376
Total Fat 17.5g

Saturated Fat 9g
Monounsaturated Fat 4.53g
Omega 3 0.06g
Omega 6 0.57g
Cholesterol 109mg
Total Carbohydrate 49g
Fiber 1g
Sugar 35g
Protein 6.8g

Essential Amino Acids
Histidine 0.15g
Isoleucine 0.33g
Leucine 0.53g
Lysine 0.43g
Methionine 0.15g
Phenylalanine 0.30g
Threonine 0.26g
Tryptophan 0.08g
Valine 0.39g

Vitamins
Vitamin A 366.46mcg
Vitamin B1 0.08mg
Vitamin B2 0.27mg
Vitamin B3 0.43mg
Vitamin B5 0.75mg
Vitamin B6 0.10mg
Vitamin B7 4.35mcg
Vitamin B9 15.2mcg
Vitamin B12 0.36mcg
Vitamin C 4.6mg
Vitamin D 0.46mcg
Vitamin E 0.84mg
Vitamin K 2mcg
Choline 94.7mcg

Minerals
Calcium 134.27mg
Copper 0.05mg
Iodine 16.12mcg
Iron 1.43mg
Magnesium 19mg
Manganese 0.25mg
Phosphorus 149.25mg
Potassium 243.91mg
Selenium 12.12mcg
Sodium 355.22mg
Zinc 0.71mg

ORAC
1,693

Cooking Tips

If you run out of lemons, soak peeled apples in salt water to reduce oxidation.

Add orange peel to clover honey for orange honey.

Combine unsulfured molasses with organic cane sugar to make homemade brown sugar. It’s best to use it right away. A small amount of molasses with sugar makes light brown sugar, pour in more molasses for regular brown sugar and a bunch of molasses to make dark brown sugar. The darker the brown sugar, the chewier your cookies will be. Using white sugar in cookies makes them crunchier.

Grease your measuring cup with ghee or coconut oil before adding sticky foods such as maple syrup, peanut butter and honey.

Got a grease spill? Coat the grease with kosher salt. Sweep and discard.

Have leftover lemons? Throw them in a bowl of water and heat for 15 minutes on High power. The lemon steam will strip off any residue inside your microwave.

Make “spice cubes” with leftover garlic, ginger or lemongrass. Puree in the food processor with a little coconut oil. Spoon into ice trays and freeze. Now you can add flavor to your dishes quicker without peeling and wasting produce. This strategy works for gravies and stocks too.

Out of brown sugar? Combine 1 cup granulated sugar with unsulfured (not blackstrap) molasses in a mixing bowl. The amount of molasses will depend on your taste. Use less for light, more for regular and even more for dark brown sugar. Use your homemade brown sugar right away.
Does your recipe call for tamarind? Make mock tamarind. Mix equal parts of lime juice and brown sugar in a bowl. It will have a similar sweet and sour flavor at a much lower price.

Bakers need to use good quality ingredients for consistent results. It is wise to check your baking powder before you start your recipe. Mix a small amount with warm water. If it bubbles up rapidly, you’re good to go. If not, toss it. I have found that baking powder has a lengthy expiration date. However, I would advise consumers to use it within six months.
This will also work for yeast too.

Kitchen Notes

Cooking Temperature Guide

Beef (roast, steak)

Rare 125°F	Medium 140°F
Medium Rare 130°F	Well Done 160°F

Lamb (roast, steak)

Rare 125°F	Medium 140°F
Medium Rare 130°F	Well Done 160°F

Pork (roast, chops)

Medium 145°F Well Done 160°F

Done Temperature		Done Temperature	
Tuna	125°F	Rabbit	160°F
Fish	140°F	Sausage	160°F
Ham	145°F*	Venison	160°F
Eggs	160°F	Chicken	165°F
Ground Beef	160°F	Duck	165°F
Ground Lamb	160°F	Turkey	165°F
Pork Ribs	160°F		
Pork Shoulder	160°F		

*Keep in mind that the meat's temperature will rise 5-10 degrees higher after it's removed from the heat source.

Frozen Food Storage Chart

Bacon 1 month
Sausage 1-2 months
Bread, sliced 1-2 months
Milk 1-2 months
Soups 2 months
Stews 2 months
Salmon 2-3 months
Crab 2-4 months
Lobster 2-4 months
Cooked Meat 2-6 months
Ham 3-4 months
Butter, salted 3-4 months
Ground Beef 3-4 months
Ground Turkey 3-4 months
Ground Chicken 3-4 months
Ground Lamb 3-4 months
Ground Pork 3-4 months
Butter, unsalted 4-6 months
Fresh Beef 4-12 months
Fresh Lamb 4-12 months
Fresh Pork 4-12 months
Trout 4-6 months
Bread, unsliced 6 months
Pies 6 months
Cod 6 months
Fruits 6-9 months
Vegetables 8-12 months
Chicken, pieces 9 months
Turkey, pieces 9 months
Whole Chicken 12 months
Whole Turkey 12 months

Smoke Points

Avocado oil	570°F	Lard	370°F
Butter	350°F	Olive oil (extra virgin)	375°F
Canola oil	400°F	Olive oil (virgin)	391°F
Coconut oil (extra virgin)	350°F	Olive oil (extra light)	468°F
Coconut oil (refined)	450°F	Peanut oil	450°F
Corn oil	440°F	Sesame oil (unrefined)	350°F
Flaxseed oil	225°F	Soybean oil (refined)	460°F
Ghee	485°F	Vegetable oil	400°F

Golden Tidbits!

Yams vs. Sweet Potatoes-Yams are native to Africa, while sweet potatoes are native to America. If you shop in America, the merchant sells sweet potatoes, not yams. Sweet potatoes belong in the morning glory family. Domesticated sweet potatoes were present between Mexico and Venezuela over 5,000 years ago. Sweet potatoes are one of my favorite foods!

Cassia Cinnamon vs. Ceylon Cinnamon-Cinnamon is ground up tree bark from the Cinnamon tree. Cassia cinnamon is native to China; it contains up to 1% coumarin. Ceylon cinnamon is native to Sri Lanka; it contains up to 0.004% coumarin which is 250 times less than Cassia cinnamon. Excessive Cassia cinnamon consumption can damage the liver.

Is it safe to eat potatoes with green spots? No! When light hits potatoes for a prolonged time, they develop green spots. The green spots are full of two dangerous glycoalkaloid compounds, solanine and chaconine. Eating green potatoes can be fatal!

Why does browned food taste better than non-browned food? When heat is applied to food, the sugar and amino acids undergo a chemical reaction known as the Maillard Reaction. It is named after the French chemist Louis Camille Maillard back in 1912.

Soups are simmered while stews are braised.

Many regions in the United States are known for their BBQ sauces. In Kansas City, they have the traditional thick tomato-based BBQ sauce. In East Texas, they go for a sweet tomato-based BBQ sauce. In South Texas, they have a molasses-based BBQ sauce. In Eastern North Carolina, they have vinegar-based BBQ sauce. In Western North Carolina, they mix ketchup and vinegar BBQ sauce together. South Carolina BBQ sauce is

mustard-based while Alabama is known for their MAYONNAISE-based BBQ sauce.

Bison vs. Buffalo-Bison are native to America and Europe. They have short horns.
Buffalo are native to Asia and Africa. They have long horns.

Peanuts are not nuts! Peanuts are part of the legume family (beans, peas, lentils, etc.).
Americans eat 500,000,000 lbs. of peanut butter each year!

Goat meat is the world's most popular meat.
Goat meat accounts for 70% of all red meat consumption globally.

Eating fast food regularly has the same effect on the liver as hepatitis mostly because of the high TRANS-FAT levels from deep fried foods.

Shredded cheese has wood pulp mixed in to prevent clumps. Cellulose is used as a filler in shredded cheese. I always recommend that people shred their cheese at home. No one wants to eat wood. It was approved and shown to be "safe" by the Fraud & Drug Administration (FDA).

Sweet drinks may cause dementia. People who drink 1 or more artificially sweetened drinks each day are 3x more likely to develop dementia.

Extra virgin olive oil comes from the first pressing of olives, best suited for salads and drizzling on hummus. Virgin olive oil comes from the second pressing of olives, best suited for cooking.

Nutmeg can cause hallucinations. In high quantities, nutmeg contains myristicin. You will literally lose your mind. Use nutmeg sparingly.

Ketchup was once considered medicine.
In the early 1800's, doctors prescribed ketchup to treat diarrhea and indigestion.

Farm raised salmon is dyed pink since their meat is naturally white. Go with wild salmon.

Cacao beans were used as money for the Aztec & Mayan empires. They paid their taxes with cacao. Their tax rates were as high as 40%. Sound familiar?

In Ancient Egypt, workers were paid with onions, radishes and garlic.

Thomas Jefferson popularized pasta in America. Jefferson brought the 1st macaroni machine to the U.S. after traveling to France. He introduced mac & cheese to America! However, Jefferson was not a fan of having company at the dinner table.

Lima beans are deadly. Raw lima beans contain cyanide. When you cook lima beans, you “deactivate” the cyanide.

White chocolate is not real chocolate! It is a candy made from cocoa butter.

Wasabi is mostly fake. Most supermarket “wasabi” is horseradish with green food coloring.

Commercial ranch dressing contains titanium dioxide. This gives the dressing a whiter appearance. Titanium dioxide is also used in sunscreen and in paint.

Crisco is hydrogenated cottonseed oil, real TRANS-FAT. It was deceptively used to discredit butter and lard. Crisco was originally used in the production of soap, candles and car lubricants.

Non-organic pea protein is processed with hexane, a cheap way for food manufacturers to extract oil from plants. However, it is an explosive chemical neurotoxin that will damage your central nervous system. If you are going to buy pea protein powder, opt for organic as they don’t use these harmful chemicals in the extraction process. This applies to coconut oil; go with organic virgin coconut oil. Plant-based protein powders, usually Chinese, also have higher levels of cadmium, lead and arsenic compared to dairy-based proteins.

Part III: Sources

Sources

Below is a list of small farms and websites that sell quality ingredients to upgrade your diet. The best of the best. As of the time of publication, all of the websites, email addresses and phone numbers are active. The businesses that have * indicate that they are certified organic. I believe that it is important to highlight the efforts made by these men and women who have to pay outrageous fees and jump through crazy compliance hoops to

have that little green symbol. The vast majority of farms are in the middle-they don't want to shell out the cash to become certified organic and they are not a large conventional farm. Many farmers practice organic farming and some are "beyond organic." Either way, give them your money!

Cacao & Chocolate
*=certified organic

Anarchy Chocolate
anarchychocolate.com

Animas Chocolate
animaschocolatecompany.com

Bar & Cocoa barandcocoa.com

Belize Cacao belize-cacao.com

Belize Chocolate
belizechocolatecompany.com

Beyond Good beyondgood.com

*BOHO Chocolate
bohochocolate.com

Bonao Cacao bonaocacao.com

*Botanica Origins
botanicaorigins.com

Burnt Fork Bend
burntforkbend.com

Cacao Breath cacaobreath.com

Cacao Cocoon cacaococoon.com

*Cacao Connection
thecacaoconnection.com

Cacao Junajpu Junajpu.com

Cacao King cacaoking.com

Cacao Laboratory
cacaolaboratory.com

Cacao Magic cacaomagic.co

Cacao Sol cacaosol.com

Captain's Chocolate
captainschocolate.com

Caputo's caputos.com

Castronovo Chocolate
castronovochocolate.com

Chef Shop chefshop.com

Choc Exchange
chocexchange.com

Chocolataria Equador
cacaoequador.pt/en

Chocolat-e chocolat-e.com

Chocolate Amatller
chocolateamatller.com

Chocolate Conspiracy
eatchocolateconspiracy.com

Chocolates El Rey chocolates-elrey.com

*Choquiero Chocolate
choquierochocolate.com

*Chocovivo Chocolate
chocovivo.com

Cloud Forest cloudforest.shop

Club Chokolate
clubchokolate.com

Cocoa & Co. cocoaandco.com

Cocoa Couriers
cocoacouriers.com

Cocoa Manna cocoamanna.com

*Cocoa Parlor cocoaparlor.com

Cocoa Runners
cocoarunners.com

Cocoa Store cocoastore.com

*Cocoa Supply cocoasupply.com

Cocoterra cocoterra.com

Condor Chocolates
condorchocolates.com

*Conexion Chocolate
conexionchocolate.com

*Coracao coracaoconfections.com

Creo Chocolate
creochocolate.com

Crow & Moss crowandmoss.com

Cru Chocolate cruchocolate.com

Cultura Craft Chocolate
culturachocolate.com

Dandelion Chocolate
dandelionchocolate.com

Dar Chocolate darchocolate.com

Dick Taylor Chocolate
dicktaylorchocolate.com

DNA Chocolate dnachocolate.com

*Ducrey Chocolate
ducreychocolatemaker.com

*Earth Circle Organics
earthcircleorganicswholesale.com

*Eating Evolved
eatingevolved.com

Ecuadorian Chocolate Factory
theecuadorianchocolate.com

El Buen Cacao elbuencacao.co

Eldora Chocolate
eldorachocolate.com

*Embue Cacao embuecacao.com

*Endorfin Foods
endorfinfoods.com

Enna Chocolate
ennachocolate.com

*Equal Exchange
shop.equalexchange.coop

Finca Chocolat fincachocolat.com

Fire Tree Chocolate
firetreechocolate.com

Fly Kakao flykakao.com

Fresco Chocolate
frescochocolate.com

Fruition Chocolate Works
fruitionchocolateworks.com

Goodnow Farms Chocolate
Goodnowfarms.com

Good Stuff Cacao
Goodstuffcacao.com

Gourmet Fields
Gourmetfields.com

Great Lakes Chocolate
Greatlakeschocolate.co

Grizzly Chocolate
Grizzlychocolate.com

Grocer's Daughter Chocolate
Grocersdaughter.com

Hakalau Chocolate
kulikefarm.com

Hana Gold Maui
hanagoldmaui.com

Hawaiian Crown Chocolate
hawaiiancrown.com

Hello Chocolate
hellochocolate.com

Honduras Chocolate
honduraschocolatecompany.com

Honeymoon Chocolate
hmchocolates.com

Honoka'a Chocolate
honokaachocolate.com

Hummingbird Chocolate
hummingbirdchocolate.com

*J. Edwards International
bulknaturaloils.com

Jinji Chocolate Jinjichocolate.com

Jouvay Chocolate
Jouvaychocolate.com

*Kah Kow kahkow.com

Kekao Box kekao.co

Koko Black kokoblack.com

Kokoh Chocolate
kokohchocolate.com

Kokoleka Puna kokolekapuna.com

Koko Samoa
thekokosamoa.com.au

Kona Origins Chocolate
konaorigins.com

Laughing Gull Chocolates
laughinggullchocolates.com

Lavaloha lavaloha.com

Letterpress Chocolate
letterpresschocolate.com

Lonohana Estate Chocolate
lonohana.com

Loon Chocolate
loonchocolate.com

Lydgate Farms lydgatefarms.shop

Ma Cacao ma-cacao.com

Madre Chocolate
madrechocolate.com

*Mandala Chocolate
mandalanaturals.com

Manoa Chocolate
manoachocolate.com

Maribea maribeacacao.com

Mindo Chocolate
mindochocolate.com

*Moka Origins mokaorigins.com

Ninth & Larkin Chocolate
9thandlarkin.com

*Nirvana Chocolate
nirvanachocolates.com

Nortica Cacao Farm
norticofarm.com

Primo Chocolates
Primochocolates.com

Puna Chocolate
Punachocolate.com

*Raaka raakachocolate.com

*Rad Chocolate radchocolate.com

Rain Forest Supply
rainforestsupply.com

*Raw Guru rawguru.com

*Raw Mio rawmio.com

*Ritual Chocolate
ritualchocolate.com

River Sea Chocolate
riverseachocolates.com

Santa Barbara Chocolate
santabarbarachocolate.com

Seahorse Chocolate
seahorsechocolate.com

Sirene Chocolate
sirenechocolate.com

Sol Cacao solcacao.com

Stone Grindz stonegrindz.com

Tabal Chocolate
tabalchocolate.com

*Taza Chocolate
tazachocolate.com

*Theo theochocolate.com

To'ak toakchocolate.com

Twenty Four Black Birds Chocolate
twentyfourblackbirds.com

Twenty-One Degrees Estate
21degreesestate.com

Videri Chocolate
viderichocolatefactory.com

*Villakuyaya Chocolate
villakuyaya.com

Waialua Estate Chocolate
shop.waialuaestate.com

White Label Chocolate
whitelabelchocolate.com

Wild Kauai Chocolate
wildkauaichocolate.com

Woodblock Chocolate
woodblockchocolate.com

Worldwide Chocolate
worldwidechocolate.com

Xocolatl Chocolate
www.xocolatlchocolate.com

YES Cacao Yescacao.com

Cheese

Frankenmuth Cheese Haus
frankenmuthcheesehaus.com

Pinconning Cheese
Pinconningcheese.com

The Cheese People
ordercheesepeoplemi.com

William's Cheese
williamscheese.com

Wilson’s Cheese
wilsoncheese.com

Flour & Grains

*Barton Springs Mill
bartonspringsmill.com

*Bluebird Grain Farms
bluebirdgrainfarms.com

*Bob’s Red Mill bobsredmill.com

*Central Milling
centralmilling.com

Community Grains
shop.communitygrains.com

Early Bird Farm & Mill
earlybirdnc.com

Earnest Eats earnesteats.com

*Janie’s Mill Janiesmill.com

*King Arthur Baking
kingarthurbaking.com

*Lindley Mills lindleymills.com

*War Eagle Mill
wareaglemill.com

*Weatherbury Farm
weatherburyfarm.com

White Lily whitelily.com

Game Meats (Bison, Elk, Quail & Yak)

Alabama

Bama Bison bamabison.com

Green Acres Buffalo Farms 334-797-4415

Alaska

Alaska Yaks alaskayaks.com

Indian Valley Meats indianvalleymeats.com

Mat Valley Meats mvmeat.com

Arizona

Adam’s Natural Meats adamsnaturalmeats.com

Arkansas

Ozark Valley Bison ozarkbisons.com

California

Broadleaf Game
broadleafgame.com

Exotic Meat
exoticmeatmarkets.com

Colorado

Adam’s Natural Meats
adamsnaturalmeats.com

Big River Bison bigriverbison.com

Bison Canyon Ranch
bisoncanyonranch.org

Black Mountain Bison
blackmountainbison.com

Desert End Yak Meat Yakmeat.us

Donoma Farms
donomafarms.com

Eagle’s Wing Ranch
eagleswingnaturalbison.com

Elk USA elkusa.com

Frontiere Natural Meats
frontierenaturalmeats.com

Grunniens Ranch
theyakranch.com

Heart Rock Bison
heartrockbison.com

Hester’s Buffalo Meat
hestersbuffalomeat.com

High Plains Bison
cbullinger@goldenbison.com

Highwire Ranch
highwireranch.com

Kinikin kinikin.com

Memphis Ranch
memphisranch.com

Pettee Yak Ranch
Petteeranch.com

Prairie Ridge Buffalo
Prairieridgebuffalo.com

RL Bison Ranch
rlbison@msn.com

Rock River Bison
rockriverbison.com

Sable Ranch
sableranch.net/meat.html

Sunrise Bison Ranch
sunrisebisonranch.com

The Yak Guys theyakboys.com

Wild K Ranch wild-k-ranch.com

Willow Creek Bison
de.carter@comcast.net

Connecticut

Creamery Brook Bison
creamerybrookbison.net

Mohawk Bison mohawkbison.com

Delaware

Collins Buffalo Farm dlcjr69@aol.com

Florida

Briardale Ostrich Farm briardaleostrichfarm.com

Meat N Bone meatnbone.com

Steaks & Game steaksandgame.com

Georgia

Georgia Bison Company Georgia-bison-company.ueniweb.com

Hawaii

Forage Hawaii foragehawaii.com

Idaho

American Ostrich Farms
americanostrichfarms.com

Double L Bison doublelbison.com

Elk Springs Ranch elk4sale.net

Lake Fork Yak Farm
lakeforkfarm.com

Shoemaker Bison Ranch
shoemakerbisonranch.com

Sutton Yak suttonyak.com

Timber Creek Bison
timbercreekbison.com

Illinois

Bison Bluff Farms
bisonblufffarms.com

Blackwing Meats blackwing.com

Ruhter Bison ruhterbison.com

Savannah Ridge Yak Farms
savannahridgefarms.com

Indiana

Broken Wagon Bison
brokenwagonbison.com

Eel River Bison Ranch
eelriverbisonranch.com

Mayberry West Farms
mayberrywest.com

Red Frazier Bison
redfrazierbison.com

Valley Bison
deweddle@yahoo.com

White Oaks Bison Farm
whiteoaksbisonfarm.com

Iowa

Antler Ridge Elk Ranch
arrelk.com

Hawkeye Buffalo
hawkeyebuffalo.com

Heritage Bison Ranches
heritagebisonranches.com

Iowa Prairie Bison
iowa-prairie-bison.mailchimpsites.com

*Joia Food Farm
Joiafoodfarm.com

Wildlife Lakes Elk Farm
https://shorturl.at/UOgbC

Kansas

Blue Stem Bison Ranch
bluestembison.com

Bow Creek Yak Ranch
bowcreekranch.com

Coon Creek Buffalo
vernonbase@gmail.com

Crown B Bison Ranch
crownbbison.com

Eyestone Bison
Jrbison@ksbroadband.net

Farmers Fallow Deer
farmersfallowdeer.com

Instinct Bison instinctbison.com

Iron Horse Bison
mnacfam@earthlink.net

J.R.’s Bison
barbpeterson10@hotmail.com

Lazy Heart Ranch
http://tinyurl.com/udkjad2x

Stonehaven Bison Ranch
ksbuffalo.com

Two Springs Bison
buffaloron72@gmail.com

White Rock Buffalo
csmiles@ruraltel.net

Kentucky

Bourbon County Bison
bourboncountybison.com

Woodland Farm
woodlandfarm.com

Louisiana

Chris’s Specialty Foods chrisspecialtyfoods.com

Maine

Bigelow Fields Bison Ranch
bigelowfieldsbisonranch.com

Gammon Bison
Gammonbison@gmail.com

Maryland

Bowtie Bison bowtiebison.com

JJ Bison JJbison.com

Massachusetts

Alta Vista Bison Farm 508-886-6616

Michigan

Against The Grain Bison Co.
ranpack@atgbison.com

AJ’s Bison 517-369-9037

Bala Bison bala.corry@gmail.com

Circle K Bison Ranch
circlekbuffalo.com

Harvest Box Meats
harvestbox.com

Hawkins Bison Farm
hawkinsbisonfarm@gmail.com

Kiwidinok Yak Farm
kiwidinok.com

Leelanau Wood Bison
fischer.thomasd44@gmail.com

New Beginnings Ranch
newbeginningsranch.net

Peaceable Kingdom Bison Ranch
810-387-2237

Schultz Fruitridge Farms 269-668-3724

Thunder Ridge Ranch
thunderridgeranch@rocketmail.com

Timber Valley Bison
timbervalleybison.com

*Triple B Ranch
bbonnema75@gmail.com

Minnesota

Back Road Bison
backroadbisonmn.com

Blazing Star Ranch
Jsweldds@gmail.com

Bison Bend
bisonbend365@gmail.com

Buffalo Gal buffalogal.com

Buffalo Hills Bison
buffalohillsbisonmeat.com

Hellbent Bison hellbentbison.com

Hidden Bison Ranch 320-249-4812

Horseshoe Grove Bison
ken.hess7@gmail.com

Jack Creek Bison ericJ@wcnx.org

Lanes End Bison Ranch
wardlouis@msn.com

Little Big Sky Bison lbsbison.com

Paradise Valley Bison Ranch
bisonisbetter.com

Prairie Heights Bison
jdbowron@gmail.com

Rocky Hill Bison
buffalo@hbci.com

Rolling R Ranch
breenenterprises.com

Savanna River Bison
savannariverbison.com

Shady Creek Bison Ranch
rmlinz4@gmail.com

Snake River Bison Farm
thesnakeriverfarm.com

Splendor Ridge Elk Farm
sprelk.com

Spring Creek Bison
scbison@hcinet.net

Mississippi

Game Keeper Meats gamekeepermeats.com

Missouri

Cheha Ranch cheharanch.us

Flint Rock Bison Ranch
flintrockbisonranch@hotmail.com

Hemlock Hills Elk Ranch
hemlockhillselk@gmail.com

Red Top Farms redtopfarms.com

Sayers Brook Bison Ranch
sayersbrook.com

Show Me Bison
showmebisonmeats.com

Montana

Big Sky Bison bigskybison.com

Bitter Root Bison
bitterrootbison.com

Harlow Bison Ranch
harlowranch.com

North Bridger Bison
northbridgerbison.com

Roam Free Ranch
goroamfree.com

Wild Bison Ranch
wildbisonranch.com

Nebraska

Golden Prairie Bison
Goldenprairiebison.com

Isham Ranch
lynnstein485@gmail.com

Nebraska Bison
nebraskabison.com

*Perfect 10 Buffalo Ranch
organic-buffalo.com

Straight Arrow Bison
straightarrowbison.com

Nevada

Black Rock Bison
blackrockbison.com

Sierra Meat sierrameat.com

New Hampshire

Marsh Meadow Bison
marshmeadowbison.com

Yankee Farmer's Market
Yankeefarmersmarket.com

New Jersey

Alstede Farms alstedefarms.com

Buck Wild Bison
buckwildbison.com

D'Artagnan dartagnan.com

Fossil Farms fossilfarms.com

New Mexico

Beck & Bulow beckandbulow.com

No Bull Prime Meats
nobullprimemeats.com

New York

Bison Island Ranch
susiebison@gmail.com

Empire Buffalo
empirebuffalo.com

Glenwood Farms
Glenwoodfarms.com

Gold Belly Goldbelly.com

Highland Farm eat-better-meat.com

Ramph's Bison Hill Farm 315-871-7632

North Carolina

Piedmont Bison Ranch 336-339-6835

Sunset Ridge Buffalo sunsetridgebuffalo.com

Trinity Bison Ranch trinitybisonranch.com

North Dakota

Hans Creek Bison
coryspottedbear@mhanation.com

Myers Meats myersmeats.com

Prime Cut Meats
Primecutmeatsfm.com

Winkler Buffalo Ranch
Garywdakfarm@hotmail.com

Ohio

Boss Bison Ranch
bossbisonranch.com

Bracy Gold Bison
bracygoldbison.com

Cherokee Valley Bison Ranch
cherokeevalleybisonranch.com

Coyote Run Ranch
coyoterunranch20@gmail.com

Denny Bison Farm 740-621-3883

Grassroots Pastured Meats
Grassrootspasturedmeats.com

Heritage Lane Farm
heritagelanefarm.weebly.com

Red Run Bison redrunbison.com

Oklahoma

Arrowhead Bison
arrowheadbison.com

Benjamin Lee Bison
benjaminleebison.com

Middle Earth Bison Farm
middleearthfarmsllc@yahoo.com

OTR Bison otrbison.com

Texoma Bison texomabison.com

Oregon

Firebird Yak Farms
firebirdfarms.com

Hazelton Farms
hazeltonfarms.com

Pine Mountain Ranch
Pmrbuffalo.com

Stangel Bison Ranch
stangelbisonranch.com

Pennsylvania

Backyard Bison
backyardbison.com

Darrow Bison Range 814-733-4908

Highbourne Deer Farms
highbourne.com

Lykens Valley Bison
lykensvalleybison.com

Old Springhouse Bison Farm
bisonfarmer02@gmail.com

Rolling Hills Red Deer Farm
reddeeratrollinghillsfarm.com

Shaffer Farms shafferfarms.com

The Bison Farm
thebisonfarm.com

Rhode Island

Aquidneck Meat aquidneckmeat.com

South Carolina

Bison Berry Farms
bisonberryfarms.com

Manchester Farms
manchesterfarms.com

South Carolina Ostrich
southcarolinaostrich.com

Tatanka Bison tatankabison.com

South Dakota

Antelope Creek Bison
acbison@yahoo.com

Dakota Pure Bison
dakotapurebison.com

Dolores Jones Buffalo
buffy@santel.net

Heim Land & Bison
alexdheim@gmail.com

Hein Buffalo Farm 605-599-2308

Kremer Buffalo
kremerbuffalo.com

Lidel Bison clidel@itctel.com

Needles View Ranch
needlesviewranch.com

Nolz Bison Ranch 605-334-5876

Revenant Ranch
revenantranch.com

Serendipity Farmstead
serendipityfarmstead.com

777 Bison Ranch 777bison.com

T&J Bison
tandjbison2020@gmail.com

Triple Cross Ranch
brettrusher@yahoo.com

Wild Idea Buffalo
wildideabuffalo.com

Tennessee

BS Farms bsfarms.com

Lazy G Ranch
lazygranchtn@gmail.com

Texas

Addington Buffalo
driiadd@gmail.com

Apache Spirit Bison
apachespiritbison.com

Bison Cove Ranch
bisoncoveranch.com

Broken Arrow Ranch
brokenarrowranch.com

Bull Dancer Bison Ranch
bulldancerbisonranch.com

D'Artagnan Meats dartagnan.com

Farmhouse Delivery
farmhousedelivery.com

First Light Farm
steakclub.firstlight.farm

Force of Nature
forceofnature.com

1901 Bison 1901bisontx.com

Texas Quail Farms texquail.com

Three Bar Bison 3barbison.com

Utah

Buffalo Run Ranch buffalorunranch.com

Vermont

LedgEnd Farm ledgendfarm.com

Vermont Quail
cavendishgamebirds.com

Virginia

Cibola Farms virginiabison.com

Melrose Bison melrosebison.com

Edmonds Farm
fdedmonds@netscape.com

Washington

AA Meats aameats.net

Eckler Mountain Bison
ecklermtnbison@gmail.com

Klickitat Bison klickitatbison.com

Lone Crow Ranch
lonecrowranch.com

Oak Meadows
oakmeadowsbuffalo2.com

The Honest Bison
thehonestbison.com

West Virginia

Riffle Farms rifflefarms.com

Wisconsin

Back In Time Bison
backintimebison.com

Brantwood Bison
brantwoodbison@centurytel.net

Gehl's Buffalo Hill Meats
buffalohillmeats.com

Icon Meats iconmeats.com

Kummrow Farms
beefandbison.com

Lakeview Buffalo Farm
lakeviewbuffalofarm.com

Lester's Bison Farm
lestersbisonfarm.com

North Star Bison
northstarbison.com

Sky High Bison
skyhighbison@gmail.com

Wyoming

Broken Spoke Yaks
brokenspokeyaks.com

HK Yak Ranch hkyakranch.com

JG Bison JGbison.com

Prairie Monarch Bison
pmbison.com

Star Yak Ranch staryaks.com

Yellowstone Yaks
thehealthymeat.com

Grass-Fed Grass-Finished Beef

Alabama

Bois d'Arc Farm bdafarm.com

Earnest Roots Farm
earnestrootsfarm.com

Heritage Hills Farmstead
heritagehillsfarmstead.com

Miller Farms Beef
millerfarmsbeef.com

Mountain Breeze Wagyu
mountainbreezewagyu.com

My Dad & Me Family Farm
mydadandmefamilyfarm.com

Red Briar Farms
redbriarhighlands.com

Red Hill Farms redhillfarms.com

Wide Open Spaces
wideopenspacesllc.com

*Working Cows Dairy
workingcowsdairy.com

Yarbrough Homestead
Yarbroughhomestead.com

Alaska

Alaska Meat alaskameat.com

Alaskan Natural Foods alaskanaturalfoods.com

Hungate Farms hungatefarms.com

Arizona

AZ Grass Raised Beef
azgrassraisedbeef.com

Broken Horn D Ranch
bhdranch.com

CPR Meats cprmeats.com

Date Creek Ranch
datecreekranch.com

Gryphon Ranch
Gryphonranch.com

Heartquist Hollow Farm
heartquisthollowfarm.com

JH Grassfed Beef Jhgrassfed.com

ME Cattle mecattle.com

San Rafael Valley Beef
srvbeef.com

Tres Hermanas Ranch
treshermanasranch.com

Arkansas

Arkansas Grassfed Beef
Grassfedbeef-ar.com

Bradford Valley Farms
bvf.eatfromfarms.com

Hall Farms
robsally01@gmail.com

Heritage Acres
heritageacresarkansas.com

Independence Ark
independenceark.com

JV Farms Jv-farms.square.site

Mountain Meadows Farm
mountain-meadows-farm.localline.ca

Osage Creek Farms
osagecreekfarms.com

Ozark Pasture Beef
ozarkpasturebeef.com

Rock Creek Farm 501-556-4321

White Farms
rhk102259@gmail.com

*Wholly Cow Farms
whollycowfarms.com

California

Alhambra Valley Beef
alhambravalleybeef.com

Avenales Ranch
avenalesranch.com

Bates Grassfed Beef
batesgrassfedbeef.com

Bear River Valley Beef
bestgrassfedbeef.com

Covenant Pastures
covenantpastures.com

Family Friendly Farms
familyfriendlyfarms.com

Farm Foods
farmfoodsmarket.com

Figure Ate Foods Biltong
figureatefoods.com

Hat Creek Grown
stemplecreek.com

Larder Meat
info@lardermeatco.com

Left Coast Grassfed
leftcoastgrassfed.com

Lost Coast Ranch lost-coast-ranch.com

M&A Ranch
freerangeangusbeef.com

Marin Sun Farms
marinsunfarms.com

Mariposa Ranch
mariposaranch.com

Markegard Family Farms
markegardfamily.com

McLane Family Farms
mclanefamilyfarms.com

Morris Grassfed
morrisgrassfed.grazecart.com

Orvis Ranch Beef
orvisranchbeef.com

Outlaw Valley Ranch
outlawvalleyranch.com

Paicines Ranch
Paicinesranch.com

Primal Pastures
Primalpastures.com

Red House Beef
redhousebeef.com

Richard's Grassfed Beef
richardsgrassfedbeef.com

Sage Mountain Beef
sagemountainbeef.com

Salmon Creek Ranch
salmoncreekranch.com

Sonny's Farm sonnysfarm.com

Stemple Creek Ranch
stemplecreek.com

Tara Firma Farms
tarafirmafarms.com

Tawanda Farms
tawandafarms.com

Tru Organic Beef
truorganicbeef.com

Colorado

A Diamond Ranch
lori@adiamondranch.com

Amy's Grassfed Beef
barncatservices.com/beef

B Bar S Ranch bbarsranch.com

Brand 2S Meats
brand2smeat.com

Bringhurst Cattle
bringhurstcattle.com

Buckner Family Farm
bucknerfamilyfarm.com

Craig Angus Ranch
craigangusranch.com

Crystal River Meats
tai@Jacoberbrothers.com

Curtis Ranch curtisranch.net

Dooley Creek Farm
dooleycreekfarm.com

Fine Fettle Cattle
finefettlecattle.com

Flying B Bar Ranch
flyingbbar.com

Grass Roots Meats
Grassrootsmeats.com

Graze Cattle Company
Grazecattlecompany.com

Heritage Belle Farms
heritagebellefarms.com

James Ranch Jamesranch.net

Kiana Creek Ranch
kianacreekranch.com

Larga Vista Ranch
largavistaranch.com

Lasater Grasslands Beef
lgbeef.com

Lazy P Ranch
mailformipe@yahoo.com

Lewis Ranch 719-850-3440

Living Water Ranch
livingwaterranchcolorado.com

Masden Cattle 970-596-3389

Oswald Grassfed Beef
oswaldgrassfedbeef.com

Parker Pastures
Parkerpastures.com

Prairie Opal Ranch
Prairieopalranch.com

Prime Time Beef 719-371-2381

Princess Beef Princessbeef.com

Rafter W Ranch rafterwranch.net

Red Tail Ranch 303-648-9972

Rockin' B Ranch
hanoverdexters@elpasotel.net

Rose Of Sharon Meats 970-560-2885

Sacred Song Farm
sacredsongfarm.com

Salazar Meats salazarmeats.com

Sangres Best sangresbest.com

Star View Farm
starviewfarmltd.com

Stillroven Farm 970-535-4527

Sun Prairie Beef
sunprairiebeef.com

Tharros Acres 719-371-3482

The Golden Hoof
thegoldenhoof@icloud.com

The High Lonesome Ranch
thehighlonesomeranch.com

Three T Ranch 3tranch.com

Tuff's Ranch tuffsranch.com

Wiley Ranch wileyranchbeef.com

Winter's Cattle Ranch
winterscattleranch.com

Connecticut

Devon Point Farm
devonpointfarm.com

JW Beef Jwbeef.com

Laurel Ridge Grassfed Beef
lrgfb.com

Provider Farm Providerfarm.com

Radical Roots Farm
radicalrootsct.com

Stuart Family Farm
stuartfamilyfarm.com

Sub-Edge Farm subedgefarm.com

Whippoorwill Farm
whippoorwillfarmct.com

Delaware

Grassworks Meat Farm Grassworksmeatfarm.com

Florida

Acacia Beef 352-835-5220

Adena Farms adenafarms.com

Amazin' Grazin' Beef
sales@amazingrazinbeef.com

Arrowhead Beef
arrowheadbeef.com

Back Acres Ranch
Gsdroppa@hotmail.com

Circle C Farm circlecfarmfl.com

Clover Farms cloverfarmsfl.com

Deep Creek Ranch 386-736-1887

Deep Roots Meat
deeprootsmeat.com

E Bar Cattle
ebarcattlecompany.com

Eland's Eden elandseden.com

Ferguson Farms
fergusonfarms.farm

Florida Fresh Meat
floridafreshmeat.com

Florida Grassfed Beef
omahacontractingllc@gmail.com

Four Arrows Ranch 352-595-8387

Full Circle Farm
fullcirclerealfoods.com

Gillman Ranch
Gillmanranch@yahoo.com

Greenway Farm
Jessegreen@windstream.net

Grove Ladder Farm
Groveladderfarmllc.grazecart.com

Johnston's Farm
Johnstonsfarm.com

Lake Meadow Naturals
lakemeadownaturals.com

Long Leaf Pasture Farm
longleafpasturefarm.com

Longview Farms
longviewfarmsfl.com

Okeechobee Farms
okeechobeefarms.com

Olivor Heritage Farms
olivorheritagefarms.com

Our Ancestors' Foods
ourancestorsfoods.com

Pasture Prime Wagyu
Pastureprimewagyu.com

Pine Shines Farms
Pineshinefarms.com

Price Creek Farm
Pricecreekfarm.com

Providence Cattle
Providencecattle.com

Rolling Acres
rollingacresofnwf@gmail.com

Rudnianyn Farms
dbullock@cicfl.com

Sampson Family Farm
sampsonfamilyfarm.com

Skeeter Creek Farms
skeetercreek.eatfromfarms.com

Smith Creek Farm
John@steffensusa.com

SOL City Farm solcityfarm.com

Sonny's Farm sonnysfarm.com

Three Sun Ranch
threesunsranch.com

Georgia

Buckhead Butcher Shop
buckheadbutchershop.com

Copperhead Homestead
copperheadhomestead.com

Grady Ranch
Gradyranchfarms.com

Hamner's Farm
hamnersfarm.com

Hunter Cattle huntercattle.com

Indian Creek Beef
Grassfedbeefgeorgia.com

KBH Farms kbh@mchsi.com

Marview Farms
marviewfarms.com

Tink's Beef tinksbeef.com

Triple E Farms 3efarms.com

Truc Farm trucfarm.com

Turn Time Farms
turntimefarms.grazecart.com

Wagon Wheel Ranch
wagonwheelranchga.com

White Oak Pastures
whiteoakpastures.com

Hawaii

*Allan King Ranch
allanhawaii@gmail.com

Hawaii Lowline Cattle
hawaiilowline.com

Paniolo Cattle Paniolocattle.com

*Pu'u O Hoku Ranch
Puuohoku.com

Idaho

*Alderspring alderspring.com

Arrow B Grassfed Beef
arrowbgrassfed.com

Castle Rock Ranch
cdariverbeef.com

Cunningham Pastured Meats
cunninghampasturedmeats.com

Desert Mountain Grassfed Beef
desertmountaingrassfed.com

Hipwell Ranch hipwellranch.com

Lau Family Farm
laufamilyfarm.com

McIntyre Family Farms
mcintyrefamilyfarms.com

McNeil Ranch
mcneilranch@fone.net

Pratt Family Beef
Prattfamilybeef.com

Red Star Grass Ranch
redstargrassranch.com

*The Selkirk Ranch
theselkirkranch.com

Triple Slash Beef
tripleslashbeef.grazecart.com

24 West Ranch 24westranch.com

Wilsey Ranch
wilseyranch.eatfromfarms.com

Illinois

All Grass Farms
allgrassfarms.com

Brass Family Farm
brassfamilyfarm.com

Broad Branch Farm
broadbranchfarm.com

Cedar Valley Sustainable
cedarvalleysustainable.com

Dearing Country Farms
dearingcountryfarms.com

Dierks Farms dierksfarms.com

Flying S Beef flyingsbeef.com

Fresh Pasture Farms
freshpasturefarms.com

Grateful Graze Gratefulgraze.com

Hasselmann Family Farm
hasselmannfarm.com

Honeysuckle Farm
honeysucklefarm.net

Irish Grove Farms
irishgrovefarms.com

Kinnikinnick Farm
kinnikinnickfarm.grazecart.com

Little Blue’s Farm
littlebluesfarm.com

Meadow Haven Farm
meadowhavenfarm.com

Mint Creek Farm
mintcreekfarm.com

Nadig Family Farm
nadigfamilyfarm.com

Nature’s Choice Farm
natureschoicefarm.com

Nettle Creek Farm
nettlecreekfarmandpantry.com

Plum River Farm
plumriverfarm.com

Prairie Creek Pastures
prairiecreekpastures.com

Sonas Farms sonasfarms.com

Sonrise Farms sonrisefarms.net

Sorrel's Beef
sorrelsbeefcompany.com

Springer Cattle
springercattleco.com

SS Backwards Longhorns
ssbackwardslonghorns.com

Steiner Family Farm
steinerfamilyfarm.com

Timberfeast timberfeast.com

Top Butcher topbutcher.com

Wallace Farms wallacefarms.com

Wanda Farms wandafarm.net

Indiana

Cox Family Farms
thecoxfamilyfarms.com

Denny's Grassfed Beef
dennysgrassfedbeef.com

Farmer's Provisions
farmersprovisions.com

Grass Corp Grasscorp.net

Gunthorp Farms
Gunthorpfarms.com

Hawkins Family Farm
hawkinsfamilyfarm.com

Hays Family Farm
haysfamilyfarm.net

Heritage Homestead Farms
heritagehomesteadfarms.net

Hollen Family Farm
hollenfamilyfarm.com

Holy Cow Farm
holycowfarmfresh.com

Hoosier Grassfed Beef
hoosiergrassfedbeef.com

Hoosier Heritage Farm
hoosierheritagefarm.com

Pastures of Providence
Pasturesofprovidence.com

Rising Sun Beef
risingsunbeef.com

Schacht Farm schachtfarm.com

Seven Sons Farms sevensons.net

Simpson Family Farm
simpsonfamilyfarm.com

Steckler Grassfed Farms
stecklergrassfedfarms.com

The Farm Connection
thefarmconnection.grazecart.com

Third Day Farm
thirddayfarmllc.com

Tyner Pond Farm
tynerpondfarm.com

Voegeli's Natural Beef
farmone.net

Wood View Acres
woodviewacres.com

Iowa

Crooked Gap Farm
crookedgapfarm.wordpress.com

Forest Hill Farm
foresthillfarm.com

Grandview Beef
Grandviewbeef.com

Grass Fed It
Grassfedit@gmail.com

Horsefeather Farm
kevinryan.hf@gmail.com

Iowa Farm Fresh Foods
iowafarmfreshmeats.com

*Joia Food Farm
Joiafoodfarm.com

Koether Ranch
ew105@yahoo.com

McGreal Family Farm
mcgrealfamilyfarm.com

O'Connell Organic Acres
oconnellorganicacres.com

Prairie Quest Farm
danspech@mwt.net

Prairie Ridge Farms
Prairieridge83@gmail.com

Short Shadows Farm
shortshadowsfarm@aol.com

Thankful Harvest
thankfulharvest.com

Triple Creek Farm
wesmoser@juno.com

Vlieger Family Farm
studentofthesoil@gmail.com

Wedel Grazing Acres
wedeldairy@gmail.com

Yoder's Natural Farm
heritagefood31@yahoo.com

Kansas

Chapman Creek Cattle
kansasgrassfedbeefcompany.com

C&S Farms csfarmsllc.com

Dale Family Farms
dalefamilyfarms.com

Engle Family Farms
englefamilyfarms.com

Five Mile Farms
fivemilefarms.com

Gasper Family Farm
Gasperfarm.com

Janzen Family Farms
Janzenfamilyfarms.com

M&J Ranch mandjranch.com

QASWA Ranch
Qaswaranch@outlook.com

River Watch Beef
riverwatchbeef.com

Schenker Family Farms
schenkerfarms.com

Tallgrass Beef tallgrassbeef.com

Kentucky

Bluegrass Belties
bluegrassbelties.com

Bluegrass Bounty Farm
bluegrassbountyfarm.com

Brenneman & Bucks Farm
bnbucksfarm.com

Brown Acres brown-acres.com

Bush Farms
bushfarmsgrassfedbeef.com

Cox Family Farms
thecoxfamilyfarms.com

Dogwood Herefords
dogwoodherefords.com

Dutch Creek Farms
dutchcreekfarms.com

*Elmwood Stock Farm
elmwoodstockfarm.com

Faul Family Riverside Farm
faulriversideky.com

Foxhollow Farm foxhollow.com

Marksbury Farm
marksburyfarm.com

Masters Acres mastersacres.com

McGuire Farms
mcguirefarms.com

One Cow Farm onecowfarm.com

Rock'n R Farm
rockingrfarmsky.com

Skinner Farms skinnerfarms.net

Spring Hills Farm
springhillsfarm.com

Spring Water Beef
springwaterbeef.com

Thomas Farms
cJwhite28@icloud.com

Triple R Pastures
triplerpastures.com

Louisiana

Baker Bayou Farm
bakerbayoufarmmarket.com

Brookshire Farm
brookshirefarm.com

Butterfield Farms
butterfieldfarms.net

Gonsoulin Land & Cattle
Glcranch.com

Laughing Buddha
laughingbuddhanursery.com

Mahaffey Farms
mahaffeyfarms.com

Sample Farm samplefarmla.com

Maine

Apple Creek Farm
applecreekfarm.me

Heart Stone Farm
heartstonefarm.com

Meadowsweet Farm
meadowsweet@acadia.net

*Misty Brook Farm
mistybrook.com

Sebago Lake Ranch
sebagolakeranch.com

Maryland

Evermore Farm
evermorefarm.com

Ferguson Family Farm
fergusonfamilyfarm.com

Freedom Valley Farm
freedomvalleyfarmmd.com

Good Hope Farmstead
Goodhopefarmstead.com

Grandview Farm
Grandviewfarm.grazecart.com

Grid Iron Hill Farm
Gridironhillfarm.com

Hidden Waters Farm
hiddenwaters.farm

Jack Straw Farm
Jackstrawfarm.com

Johnsville Meadows Farm
Johnsvillemeadowsfarm.com

KOL Foods kolfoods.com

Liberty Delight Farms
libertydelightfarms.com

Longview Farm
longviewfarmdc.com

Lovell Grassfed Cattle
lovellgrassfedcattlecompany.com

Mary’s Land Farm
maryslandfarm.com

Monnett Farms
monnettfarms.com

*Nick’s Organic Farm
nicksorganicfarm.com

Pop’s Old Place Popsoldplace.com

Redemption Springs Farm
redemptionsprings.com

Third Way Farm
thirdwayfarm.com

Wildom Farm wildomfarm.com

Massachusetts

Alpine Butcher
alpinebutcher.com

Baldwin Beef baldwinfarm.com

Butcher Box butcherbox.com

Caledonia Farm
caledoniafarm.com

Chestnut Farms
chestnutfarms.org

*Clark Farm
clarkfarmcarlisle.com

Colby Farms colbyfarms.com

*Freedom Food Farm
freedomfoodfarm.com

Hettie Belle Farm
hettiebellefarm.com

Holiday Brook Farm
holidaybrookfarm.com

Jordan Farm Jordanfarm.com

Kalon Farm kalonfarm.com

*Many Hands Organic Farm
mhof.net

Meadow Mist Farm
meadowmistfarm.com

Moon In The Pond Farm
moooninthepond.org

Rocky Acres Farm
rockyacresfarmma.com

Square Roots Farm
squarerootsfarm.org

The Farm thefarmnm.com

Walker Farm walkergrassfed.com

Walnut Lane Farm
walnutlanefarm.com

Weatherlow Farms
weatherlowfarms.com

Wheel View Farm
wheelviewfarm.com

Michigan

A1 Country Girl Beef 810-387-3729

Apsey Farms apseyfarms.com

Baseline Farm baselinefarm.com

Baumer Farms
Pabaumer@gmail.com

B&B Farms
thegoodnessofgrass.com

Beery Farms beeryfarm@aol.com

Berry's Naturally Farm
berrysnaturallyfarm.com

*BF&E Organics bfeorganics.net

BP Farms bpfarmsorganic.com

Cook Family Farm
cookfamilyfarm.com

Crand Dance Farm
cranedancefarm.com

Creswick Farms
creswickfarms.com

Drum Miller Farm 517-240-8182

East River Organic
https://shorturl.at/EuiSl

Green Leaf Farms
greenleaffarms.net

Greener Grass Farms
GreenerGrassfarms.com

Guindon Farms
guindonfarms.com

Hayes Farms hayesfarms.org

Honeybird Farm
honeybirdfarm.com

Jake's Country Meats
Jakescountrymeats.com

J Nelson Farms Jnelsonfarms.com

Joe's Farm Joesfarm.us

Joe's Grassfed Beef
Joesgrassfedbeef.com

John Henry's Johnhenrys.net

Landmark Farms
landmarkpastoralfarms.com

Laura's Little Beef Farm 810-355-5073

Lindgren Family Farms
lindgrengrassfedbeef.com

Livingston Farms
livingstonfarmsmi.com

Marrow marrowdetroit.com

McElroy Farms
mcelroyfarms.grazecart.com

Michigan Grassfed Beef
hearthealthynaturalbeef.com

Mid Mitten Farm
midmittenfarm.com

North Branch Ranch
northbranchranch.com

Old Pine Farm oldpinefarm.com

Pilot's Pastures
Pilotspasturesbeef.com

Provision Family Farms
Provisionfamilyfarms.com

Pure Meadow Farms
linda@Puremeadowfarms.com

Raikko's Farm raikkosfarm.com

*RC Organic Farms
rcorganicfarms.com

Resonance Center Farm
resonancecenterfarm.com

Rocky Oak Farms
rockyoakfarms.com

*Roseland Organic Farms
roselandorganicfarms.com

Sabbath Farm sabbath.farm

Schneider Organics 989-587-6941

Serendipity Farms
serendipityfarms.grazecart.com

Shadyside Farm
shadysidefarm.com

Sugar Creek Farms
sugarcreek.co

The Hidden Creek Farm
thehiddencreekfarm.com

The Lively Farm
thelivelyfarm.com

Tilted Barn Family Farm
tiltedbarnfamilyfarm.com

Two Rivers Farm 2rfarm.com

Two Sparrows Farm
twosparrowsfarm.com

Unger Family Farms
Joeungerfarms.com

Up North Heritage Farm
upnorthheritagefarm.com

Upstream Farm
upstreamfarm.com

Vrae Foods vraefoods.com

Whitney Farmstead
whitneyfarmstead.com

Willow Farm 517-542-0192

Zingerman's Mail Order
zingermans.com

Minnesota

Cloverleaf Grass Farm
cloverleafgrassfarm.com

Farm On Wheels
farmonwheels.net

Grassfed Cattle
Grassfedcattleco.com

Hanappe Ranch
hanapperanch.com

Haverinen Farm
haverinenfarm.com

Hay Creek Farm haycreek.net

HD Beefworks hdbeefworks.com

Helstrom Farms
helstromfarms.com

K Creek Ranch kcreekranch.com

KDE Farms kdfarms.net

Misty Meadow Farms
mistymeadowfarms.com

Pastures A'Plenty
Pasturesaplenty.com

Pettit Pastures
Pettitpastures.com

Real Food Ranch
therealfoodranch.com

Stone Bridge Beef
stonebridgebeef.com

Sunshine Harvest Farm
sunshineharvestfarm.com

TC Farm tc.farm

The Snake River Farm
thesnakeriverfarm.com

Thousand Hills Lifetime Grazed
thousandhillslifetimegrazed.com

Wacholz Farm wacholzfarm.com

Mississippi

Dowdle Family Farms
dowdlefamilyfarms.com

Hickory Heal Farm
hickoryhealfarm.com

Home Place Pastures
homeplacepastures.com

Livingston Springs Farm
livingstonspringsfarm.com

Nature's Gourmet Farm
naturesgourmetfarm.com

Shaded Grove Farm Market
shadedgrovefarmmarket.com

Stonnington Farm
stonningtonfarm.com

Weesner Meadow Farm
weesnermeadow.com

Missouri

Alger Family Farm
algerfamilyfarm.com

Attadale Farm attadalefarm.com

Barham Family Farm
barhamfamilyfarm.com

Bar Luk Cattle realusabeef.com

Bechard Family Farm
bechardfarm.com

Black Angus Springs Farm 417-252-0826

Blackwater Bend Farms 660-441-1976

BMP Farm bmpfarm.com

Breezy Hill Farm breezy-hill-farm.com

Cabriejo
rachelhendricks8@gmail.com

Commean Family Farms 314-737-6828

Covered L Farm
coveredlfarm.com

David's Pasture
davidspasture.com

Delhi Sustainable Farms
delhisustainablefarms.com

Eckenfels Farms
eckenfelsfarms.com

Falling Sun Ranch
fallingsunranch.com

Farmer Girl Meats 314-939-5535

Farrar Family Farm
farrarfamilyfarmkc.com

Fed From The Farm
fedfromthefarm.com

Harmony Hills Farm
harmonyhillsfarm.com

High Springs Farm
highspringsfarm.com

Horrmann Meats
horrmannmeat.com

Horstmann Cattle
horstmanncattleco.com

Howie Farms 314-920-1439

JJJM Grassfed Beef
Jjjmgrassfedbeef.com

Kansas City Steaks
kansascitysteaks.com

Knowlan Family Farm
knowlanfamilyfarm.com

Maple Ridge Meats 417-880-9057

Missouri Grassfed Beef
eatmograssfedbeef.com

MMM Black Angus Ranch 314-681-7714

Moink Box moinkbox.com

My Brother's Beef
mybrothersbeef.myshopify.com

New Way Beef 417-204-8078

1984 Farms 1984farms.com

Ozark Fresh Meats
ozarksfresh.com

Parker Farms
Parkerfarmsmeats.com

Pasture Nectar Farm
Pasturenectarfarm.com

Peak Quality Meats
Peakqualitymeats.com

Prier Farms Prierfarms.com

Recharge Ranch Beef 816-718-1477

Rose Oak Beef 573-202-4678

Spring Creek Farms
springcreek.farm

Stuart Farm stuartfarm.com

Tabo Farms 660-232-6523

The Whitaker Farm 660-258-7093

TWD Farms 816-262-1304

U.S. Wellness Meats
uswellnessmeats.com

West Wind Cattle Ranch 816-668-9500

Whetstone Boys Ranch 417-372-0207

Whispering Dreams Ranch 816-261-4262

White Angus Ranch
whiteangusranch.com

Montana

A Land Of Grass Ranch
a-land-of-grass-ranch.com

Barney Creek Livestock
barneycreek.com

*B Bar Ranch bbar.com

Cowgirl Meat cowgirlmeatco.com

Graze & Roam Ranch
Grazeandroamranchstore.com

Mannix Beef mannixbeef.com

Mulvey Gulch Ranch
mulveygulchranch.com

Uncommon Beef
uncommonbeef.com

Nebraska

Anoka Butte Cattle
anokabuttecattle.weebly.com

*Boettcher Organics
Grassfedbeef@boettcherorganics.com

Circle Arrow Longhorns
info@circlearrowlonghorns.com

*Clover Cove Farms
kathleen@clovercove.com

Common Good Farm
commongoodfarm.com

Diamond Down Ranch
diamondownranch@yahoo.com

DS Family Farm
dsfamilyfarm.com

L & L Jacobsen Farm 402-854-3104

Piedmontese Beef
Piedmontese.com

Nevada

Alpine Ranch alpine-ranch.com

Kennedy Ranch
kennedyranch.net

NFR Beef dan@nfrbeef.com

Snowball Ranch
snowballranch.com

New Hampshire

*Brookfield Organic
brookfieldorganic.com

Brookford Farm
brookfordfarm.com

Hurd Farm hurdfarm.com

Miles Smith Farm
milessmithfarm.com

Paradise Farm
Paradisefarmnh.com

Rocky Meadow Farm
rockymeadowfarm.com

Steve Normanton Grassfed Beef
stevenormanton.com

Walpole Valley Farms
walpolevalleyfarms.com

White Gates Farm whitegates-farm.com

Yankee Farmers Market
Yankeefarmersmarket.com

New Jersey

Beaver Brook Ranch
beaverbrookranch.com

Beechtree Farms
beechtreefarms.com

Cherry Grove Farm
cherrygrovefarm.com

Chop Box chopbox.com

Cotton Cattle
cotton-cattle-co.myshopify.com

Cows Outside cowsoutside.com

Flat Brook Farm
flatbrookfarm.com

Greener Pastures Farm
Greenerpasturesfarm@yahoo.com

Plaid Piper Farm
Plaidpiperfarm.com

Rastelli's rastellis.com

Vitality Pastures
vitalitypastures.net

New Mexico

Gila River Ranch
Gilariverranch.com

JX Ranch leannaturalbeef.com

Mesteno Draw Ranch
newmexicograssfedbeef.com

Ortiz Ranch ortizranch.com

Sweet Mercy Farms
sweetmercyfarms.com

New York

Acabonac Farms
acabonacfarms.com

Autumn's Harvest Farm
https://shorturl.at/4Akjl

Ben Wever Farm
benweverfarm.com

Bird's Hollow Beef
birdshollowbeef.org

Buckley Farm buckleyfarm.com

Cairncrest Farm
cairncrestfarm.com

Chaseholm Farm
chaseholmfarm.com

Cobblestone Valley Farm
cobblestonevalley.com

Creekside Meadows Farm
creeksidemeadowsfarm.com

Devine Gardens devine-gardens.com

Drover Hill Farm
droverhillfarm.com

Eight O Clock Ranch
8oclockranch.com

Fat Apple Farm fatapple.farm

Four Winds Farm
fourwindsfarmny.com

Full Moon Farm
fullmoonfarmny.com

Good Chop Goodchop.com

Good Grass Farm
Goodgrassfarm.com

Grazin Acres Farm
Grazinacresfarm.com

Great Northern Farm
wtaber1682@gmail.com

*Grimaldi Farmstore
Grimaldifarmstore.com

Hawthorne Valley Farm
farm.hawthornevalley.org

Heather Ridge Farm
heather-ridge-farm.com

Herondale Farm
herondalefarm.com

Hudson Valley Beef
hudsonvalleygrassfedbeef.com

*Hunter Crossing Farm
huntercrossingfarm@yahoo.com

Kezialain Bicentennial Farm
kezialain.com

Kiernan Farm kiernanfarm.com

Kinderhook Farm
kinderhookfarm.square.site

Lee Farms leefarmskent@cs.com

Mack Brook Farm
mackbrookfarm.com

Mascho Homestead Farms 585-610-6924

Melody Springs Farm
melodyspringsfarm.org

Movable Beast Farm
movablebeastfarm.wordpress.com

Our Lady Of Liberty Farms
nygrassfedbeef.com

Plato Dale Farm
Platodalefarm.com

Quarry Brook Farms
Quarrybrookfarms.com

Reber Rock Farm
reberrockfarm.com

Red House Ranch
redhouseranch.net

Roxbury Farm roxburyfarm.com

Sap Bush Hollow Farm
sapbushfarmstore.com

Simple Gifts Farm
simple-gifts-farm.square.site

Sojourner Farms
sojournerfarm.com

Spas Farm spasfarm.com

Stone & Thistle Farm
stoneandthistlefarm.com

Stoney Acres stoney-acres.com

Veritas Farms veritasfarms.com

Wrong Direction Farm
wrongdirectionfarm.com

North Carolina

Back To Earth Farm
backtoearthfarm.com

Baldwin Family Farms
baldwinbeef.com

Baucom's Best baucomsbest.com

Beam Family Farms
beamfamilyfarms.com

Braeburn Beef braeburnbeef.com

Caitlyn Farms
https://shorturl.at/2E6mZ

Chatco Cattle chatcocattle.com

Dahn Mar Farms
dahnmarfarms.com

Double R Cattle
doublercattleservices.com

Farm To Fork Meat
farmtoforkmeat.3dcartstores.com

Fickle Creek Farm
ficklecreekfarm.com

Floyd Brother Farms
vfloydjr@aol.com

Green Leaf Farms
Greenleaffarmsnc.com

Hart Family Farms
hartfamily.eatfromfarms.com

Hickory Nut Gap Farm
hickorynutgapfarm.com

Hilltop Angus Farm
hilltopangusgrassfed.com

Joyce Farms Joyce-farms.com

Little Way Farm
littlewayfarmsilercity.com

Lucky 3 Farm lucky3farm.com

Minka Farm minkafarm.com

Ninja Cow Farm
ninjacowfarm.com

Peaceful Meadows Farm
Peacefulmeadowsfarm.com

Poplin Farms Poplinfarms.com

Proffitt Family Farms
Proffittfarms.com

Rainbow Meadow Farms
rmfpasturepuremeats.com

Reverence Farms
reverencefarms.com

Riley's Ranch rileysranch.com

Running T Beef runningtbeef.com

Russell Family Beef
russellfamilybeef.weebly.com

Smithview Farm
smithviewfarm.com

Stack Rock Mountain Farm
stackrockbeef.com

Summerfield Farms
summerfieldfarms.com

Windy Hill Farm
windyhillfarmnc.com

North Dakota

Bartlett Farms bartlettfarms.us

Black Leg Ranch Meats
blacklegranchmeats.com

Bluestone Ranch
bluestoneranch.com

Nourished By Nature
nourishedbynature.us

Sand Ranch
sandranch-prairiesoulmeats.com

Ohio

Ayers Valley Farm
ayersvalleyfarmmeats.com

Belted Oak Ranch
beltedoakranch@gmail.com

Black Swamp Cattle
blackswampcattle.com

Callan Cattle
callancattleco.blogspot.com

Canal Junction Natural Meats
cjgrassfed.com

Copia Farm copiaohio.com

E.A.T. Food For Life
eatfoodforlife.com

Elm Run Farms elmrunfarms.com

Flying J Farm flyingjfarm.com

Four Oaks Family Farm
fouroaksfamilyfarm.com

Full of Graze Farm
fullofgrazefarm.com

Glenview Acres
glenviewacres.com

Grass Powered Poultry
Grasspoweredpoultry.com

Green Vista Farm
Greenvistafarm.com

Harmon Creek Farms
harmoncreekfarms.com

Hochstetler Meats
hochmeats.com

Hoffman Holistic Cattle
hoffmanholisticcattle.com

Liberty Farm Market
libertyfarmmarket.com

Luginbill Family Farm
luginbillfamilyfarm.com

Manna Farms mannafarms.com

Miller Livestock
millergrassfed.com

Millgate Farm millgatefarm.com

Pleasant Valley Farm
Pleasantvalleyfamilyfarms.com

Shew Family Farm
https://shorturl.at/2MkRk

*Simon Organics
simonorganics.com

The Maker's Meadow
themakersmeadow.com

Tierra Verde Farms
tierraverdefarms.com

Triple Creek Ranch
triplecreekranch.net

*White Barn Beef
whitebarnbeef.com

White Clover Farm
whitecloverfarmohio.com

Wild Pastures wildpastures.com

Zoe Farms zoefarms.com

Oklahoma

BF Farms bf-farms.com

Cornerstone Free Range Pastures
lawrence.jml@gmail.com

Crispin Grassfed Beef
crispin-grassfedbeef.com

*413 Farm 413farm.com

*John's Farm Johnsfarm.com

Nitschke Natural Beef
nnbeef.com

Out West Farms
outwestfarmsok.com

REP Provisions repprovisions.com

*Sara's Grassfed Beef
sarashelton494@gmail.com

Shepherd's Cross Meats
shepherdscross.com

Spring Forest Farm
springforestfarm.com

Twisted Ridge Ranch
twisterridgeranch.com

Oregon

Birkeland Farm
birkelandfarm.com

Carman Ranch carmanranch.com

*Casad Family Farms
casadfamilyfarms.com

Catherine's Cattle
catherinescattle.com

Cedar Park Grazing
kpanner@frontier.com

Crooked Gate Ranch
Greatgrassbeef.com

Cunningham Pastured Meats
cunninghampasturedmeats.com

DD Ranch ddranch.net

Deck Family Farm
deckfamilyfarm.com

Field's Grassfed Beef
fieldsgrassfedbeef.com

Four Lazy F Ranch
4lazyfranch.com

*Hardgrass Beef
hardgrassbeef.com

Kookoolan Farms
kookoolanfarms.com

Lane Creek Reserve
lanecreekreserve.com

Malheur River Meats
malheurrivermeats.com

Marin Sun Farms
marinsunfarms.com

Moomaw Family Farm
moomawfarm.com

Nourished By Nature
nourishedwithnature.com

Ostling Ranch ostlingranch.com

Ramsden Ranch mountain-beef.com

Square Mile Ranch
squaremileranch.com

Verdant Hills Farm
verdanthillsfarm.com

*Winter Green Farm
wintergreenfarm.com

Pennsylvania

Beiler Family Farm
beilerfamilyfarm.com

Bendy Brook Farm
bendybrookfarm.com

Blue Rooster Farm
blueroosterfarm.com

Breakaway Farms
breakawayfarms.net

*Broadrun Farm
broadrundairyfarm.com

Buck Run Farm buckrunfarm.com

Buffalo Valley Pastures
bvpmarket.com

Burns Angus burnsangus.com

Coulter Farms coulterfarms.net

Drager Farms dragerfarms.com

*Dutch Meadows Farm
dutchmeadowsfarm.com

Duffy Family Farm
duffyfamilyfarm.com

Footprints Farm
footprintsfarm.com

Forks Farm Market
forksfarmmarket.com

*Green Alchemy Farm
Greenalchemyfarm.com

Harvest Home Meats
harvesthomemeats.com

Hershberger Heritage Farm
hhf.farm

Ironstone Spring
farmironstonespringfarm.com

Kookaburra Farm
kookaburrafarm.com

Lil' Ponderosa Beef
lilponderosabeef.com

Little Flower Farm
littleflowerfarm.net

Locust Point Cattle
locustpointcattlecompany.com

Meadow Mountain Farm
meadowmountainfarm.com

Meadow Run Farm
meadowrunfarm.grazecart.com

*Oyler's Organic Farms
oylersorganicfarms.com

Pasture's Pride Natural Meats
Pasturespride.com

Prairie Foods Prairiefoods.farm

Spring Creek Stricker Farms
springcreekstrickerfarms.com

Spring Mountain Farms
springmountainfarms.com

*Starr Valley Farm
starrvalleyfarm.com

*Sugar Hill Farm
sugarhillfarmpa.com

Thistle Creek Farms
thistlecreekfarms.com

Walnut Lane Farm
thewalnuthillfarm.com

Rhode Island

Gray Rock Beef Farm Grayrockbeeffarm.com

New England Grass Fed newenglandgrassfed.com

*Wild Harmony Farm wildharmonyfarm.com

South Carolina

Carolina Grassfed
carolinagrassfedbeef.com

Chattooga Belle Farm
chattoogabellefarm.com

Chucktown Acres
chucktownacres.com

Old Paths Farm
oldpathsfarm.com

Puddle Moon Farm
Puddlemoonfarm.com

Skyland Farms skylandfarms.com

Watson Farms
watsonfarmsbeef.com

West Ridge Farm
westridgefarmssc.com

South Dakota

Knutson Farm knutsonfarm.com

*KPS Dakota Organic Beef
kpsdakotaorganicbeef.com

Tennessee

Bohannon Farms
bohannonfarms.com

Cove Creek Farm
covecreekfarm.com

Crossing Creeks Farm
crossingcreeks.com

Double L Farms
doublelfarms.com

Dudash Farms dudashfarms.com

Field Of Dreams Farm
fieldofdreamsfarmtn.com

Glory 7 Farm & Ranch
Glory7farmandranch.com

Lazy J Beef lazyjbeef.com

Lick Skillet Farm lickskillet.farm

Peaceful Pastures
Peacefulpastures.com

Pure Pasture Farms
Purepasturefarms.com

Rainy Knob Ranch
rainyknobranch.com

Rocky Glade Farm
rockygladefarm.com

Rowe Farms rowefarmstn.com

*Sequatchie Cove Farm
sequatchiecovefarm.com

Taylor Family Farm
taylorfamilyfarmtn.com

Tennessee Grassfed
tennesseegrassfed.com

Whitaker Farms
whitakerfarmstn.com

Texas

American Heritage Family Farm
americanheritagefamilyfarm@yahoo.com

Augustus Ranch
augustusranch.com

*Back 4T Farms back4tfarms.com

Bandera Grassland
banderagrassland.com

Bar 3 Ranch bar3ranch.com

Bastrop Cattle Company
bastropcattlecompany.com

BFT Ranch bftranchbeef.com

Big Oaks Ranch bigoaksranch.net

Born & Raised Local Farms
bornraisedtx.com

BSAK Ranch
brad@bsakranch.com

Buck Creek Meat
buckcreekmeat.com

Burgundy Pasture Beef
burgundypasturebeef.com

Chisholm Grassfed Beef
eathealthybeef.org

Cosgray Farms cosgrayfarms.com

Criollo Grassfed Beef
leanandtenderbeef.com

CT Ranch ctranch.com

Darby Farms darbyfarms.com

Dingus Land & Cattle
jasonsargent147@yahoo.com

Edelen Farms edelenfarms.com

Foster Farm Beef
fosterfarmbeef@gmail.com

Fredericksburg Grassfed Beef
fredericksburg-grassfed-beef.com

Gold Nugget Farm Goldnugget-farm.com

Greer Farm Greerfarm.com

Hickory Lake Beef
hickorylakebeef.com

Hillbilly Nutrition
hillbillynutrition.com

Holy Cow Beef
shop.holycowbeef.com

Jolie Vue Farms
Jolievuefarms.com

J1 Ranch J1ranch.com

K Bar K Meats kbarkmeats.com

Lazy A Ranch lazyatexas.com

*Leafy Creek Farm
leafycreekfarm.com

Moving Feast Farm
movingfeastfarm.com

Natural Pasture Farms
naturalpasturefarms.com

1915 Farm 1915farm.com

Nose to Tail nosetotail.org

Pai Dom Paidom.com

Pastured Steps Farm
Pasturedsteps.com

Prairie Farmstead
Prairiefarmstead.eatfromfarms.com

Prairie Oasis Farm
Prairieoasisfarm.com

Pure Pastures
Purepasturestx.com

Raised Wild Texas
raisedwildtexas.com

Real Ranch Grassfed
realranchgrassfed.com

Rehoboth Ranch
rehobothranch.com

River Valley Beef
rivervalleygrassfedbeef.com

RR Wilderness Ranch
rrwildernessranch.com

Shady Grove Ranch
shadygroveranch.net

Slanker texasgrassfedbeef.com

Star Haven Farms
texasgrassfed.com

Svante's Ranch Direct
svantesranchdirect.com

*Texas Bred Organic Meat
texasbredorganicmeat.com

Truth Hill Farm truthhillfarm.com

TX Farmhouse Beef
txfarmhousebeef.com

Vrooman Ranch
vroomanranch.com

Watterson Ranch
wattersonranch.com

Wild Type Ranch
wildtyperanch.com

Yonder Way Farm
Yonderwayfarm.com

Utah

Argyle Acres argyleacres.farm

Bar 10 Beef bar10beef.com

Bennion Beef bennionbeef.com

Canyon Meadows Ranch
cmrbeef.com

Christiansen Farm
christiansenfarm.com

Dirty Spur Cattle
dirtyspurlonghorns.com

*Kristin's Farm kristins-saltlake.com

Pleasant Valley Beef
Pleasantvalleybeef.com

Utah Natural Meat
utahnaturalmeat.com

Vermont

Chandler Pond Farm
chandlerpondfarm.com

Health Hero Farm
healthherofarm.com

*High Ridge Meadows Farm
highridgemeadowsfarm.com

Jericho Settlers Farm
Jerichosettlersfarm.com

Ledgenear Farm
ledgenearfarm.com

*Maple Wind Farm
maplewindfarm.com

North Hollow Farm
vermontgrassfedbeef.weebly.com

Philo Ridge Farm
Philoridgefarm.com

Sunday Bell Farm
sundaybellfarm.com

Virginia

ABC Beef
https://shorturl.at/6bRs0

A&M Farms
aandmfarmsbeef.com

Ararat Farm araratfarm.com

Ayoba Biltong & Droewors
ayobafoods.com

*Ayrshire Farm ayrshirefarm.com

Chapel Creek Farms
chapelcreek-farms.com

Chapel Hill Farm
randalllineback.com

Chicama Run
Grange@grangeandgrub.com

County Line Farm
countylinefarmva.com

Dayspring Farm
dayspringfarmva.com

Deer Run Farm
deerrunfarmofamelia.com

Dragonfly Farms
dragonflyfarms.com

Earth’s Echo Farm
earthsechofarm.com

Elim Springs Farm
elimspringsfarm.com

Ellett Valley Beef
ellettvalleybeefco.com

*Eona Farms eonafarms.com

Fields Edge Farms
fieldsedgefarms.com

Franchesca’s Dawn Farm
franchescasdawnfarm.com

Free Union Grass Farm
freeuniongrassfarm.com

Full Quiver Farm
fullquiverfarm.com

*Hidden Creek Farm
hiddencreekfarmllc.com

Hock Newberry Farms
http://tinyurl.com/545es3k3

Holly Grove Farm
hollygrovefarm.com

Honey Brook Farms
honeybrookfarms.com

Hoof Hearted Farm
hoofheartedfarm.com

J&L Green Farm Jlgreenfarm.com

Lazy Pigg Farm
lazypiggfarm.com

Long Bottom Farm
longbottomfarm.com

Long Stone Farm
longstonefarmva.com

*Mount Airy Farms
mountairyfarms.com

Our Fathers Farm
ourfathersfarmva.com

Polyface Farms
Polyfacefarms.com

Seven Springs Farm
7springscsa.com

Smith Meadows Free Range Meats
smithmeadows.com

Summer Ridge Farms
summerridgefarms.com

Swallow Hill Farm
swallowhill.farm

Thornebrook Farms
thornebrookfarms.com

Truman Hill Farm
trumanhillfarm.com

Virginia Sweet Grass
farmvasweetgrassfarm.com

Washington

All Grass Beef 503-369-4104

American Alps Ranch
americanalpsranch.com

Baron Farms baronfarms.com

Bob's Beef bobsbeef.com

Bone Dry Ridge Farm
bonedryridgefarm.com

Botany Bay Farm
botanybayfarm.com

Chinook Farms chinookfarms.com

Colvin Ranch colvinranch.com

CRC Grassfed Beef
crcgrassfedbeef.com

Crowd Cow crowdcow.com

Donald Farms donaldfarms.com

Double Rafter Livestock
doublerafterlivestock.com

*Five Star Farm Beef
fivestarfarmbeef.com

Hagen Family Farms
hagenfamilyfarms.com

*Holy Cow Grassfed Beef
holycowgrassfed.com

Hungry Hollow Farm
hungryhollowfarm.com

Jubilee Farm Jubileefarm.org

Matheson Farms
mathesonfarms.com

Meeks Ranches
meeksranches.com

Nelson Ranch nelsonranch.com

North Prairie Ranch
northprairieranch@gmail.com

Oak Meadows Farm
oakmeadowsfarmllc.com

One Straw Ranch
onestrawranch.com

Oostema Wagyu
shop.oostemafarmstead.com

*PND Organic Beef
Pndorganicbeef.com

*Prairie Springs Ranch
Prairiespringsranch.com

Ramstead Ranch
ramsteadranch.com

Red Mountain Grassfed Beef
redmountaingrassfedbeef.com

Shorts Family Farm
shortsfamilyfarm.com

*Skagit River Ranch
skagitriverranch.com

*Skiyou Ranch skiyouranch.com

Stilson Farms 509-301-0174

Tobin Farm
tobinl@pocketinet.com

West Valley Beef
westvalleybeef.net

Whitaker Grassfed Beef
whitakergrassfedbeef.com

*Windy N Ranch
windynranch.com

Yakim Grassfed Angus
Yakimagrassfedangus.com

West Virginia

Cedar Dawn Farm
moran_mikerachel@yahoo.com

Footprints Farm
footprintsfarm.com

Parting Ridge Farm
Grassfedwv.com

Swift Level Farm
swiftlevelfarm.org

Sarver Heritage Farm
sarverheritagefarm.com

Triple E Farms
tripleefarming.com

Wisconsin

Bashaw Valley Farm
bashawvalley.com

Big River Ridge Farm
bigriverridgefarm.com

Blue Ox Farm blueox.farm

Bull's Willow Ranch
bullswillowranch.com

Crane Crest Farm
cranecrestfarm.com

Farm Sweet Farm
farmsweetfarm.com

*Full Circle Farm fullcircle.farm

Golden Bear Farm
Goldenbearfarm.com

*Grassway Organics
Grasswayorganics.com

*Harmony Valley Farm
harmonyvalleyfarm.com

Johnson Family Pastures
Johnsonfamilypastures.com

Kay's Farm kaysfarm.com

*Maple Bee Acres
maplebeeacres.com

Mastodon Valley Farm
mastodonvalleyfarm.com

McCluskey Brothers
mccluskeybros.com

Miller Brothers Grass Farm
millerbrothersgrassfarm.com

ParKelm Farm Parkelm.farm

Pink River Ranch
Pinkriverranch.com

Pinnacle Pastures
Pinnaclepastures.co

Ritscher Family Farm
ritscherfamilyfarm.godaddysites.com

*Seven Seeds Organic Farm
sevenseedsorganicfarm.com

*Starry Nights Farm
starrynightsfarm.com

Stewart Grassfed Beef
stewartgrassfedbeef.com

Sweet Grass Farm
sweetgrassfedfarm.com

Thundering Hoof Ranch
thunderinghoofranch.com

Together Farms
togetherfarms.com

Valley Graze valleygraze.com

Valley View Organic Farm
valleyvieworganicfarm.com

*Waseda Farms
wasedafarms.com

Weber Pastures
weberpastures.net

Willow Creek Ranch
willowcreekfoods.com

*Zinniker Farm zinnikerfarm.com

Wyoming

Hecht Creek Ranch
hechtcreekranch.com

Meadow Maid Foods
meadowmaidfoods.com

Touchstone Angus Beef
touchstoneangus.com

Windmill Ranch
rik@wyomingmetalsmiths.com

Grocery

*=certified organic

*Azure Standard
azurestandard.com

Boardwalk Kitchen Mustard
boardwalkkitchen.com

*Boxed Greens boxedgreens.com

*Essential Organic Ingredients
essentialorganicingredients.com

Food For Thought
foodforthought.net

Fruit Fast fruitfast.com

*J. Edwards bulknaturaloils.com

Jungle Jim's International Market
Junglejims.com

More Than Gourmet
morethangourmet.com

*Shiloh Farms shilohfarms.com

*Sun Organic Farm
sunorganicfarm.com

*Wildly Organic
wildlyorganic.com

Manuka Honey

*=certified organic

Airborne airbornehoney.com

Aoraki Peak
aorakipeakhoney.com

Arataki Honey
https://shorturl.at/hClh8

Bees Inn Apiaries
beesinnmanuka.co.nz

Bees & Trees beesandtrees.com

Bella bellanewzealandhoney.nz

*Biosota Organics biosota.com.au

Capilano Honey
capilanohoney.com

Comvita comvita.com

Down Under Honey
downunderhoney.com

Egmont egmonthoney.co.nz

Flora florahealth.com

Golden Hive Goldenhive.co.nz

Good Natured Goodnatured.info

Haddrell's haddrells.co.nz

Haines Apiaries
haineshoney.co.nz

Hana Manuka Honey
hanamanukahoney.co.nz

Happy Valley happyvalley.co.nz

Healthwin healthwin.co.nz

*Hinterland hinterlandfood.com

Hi Well hiwell.co.nz

Kiva kivahealth.com

Kiwi Importer kiwiimporter.com

Kiwi Reserve kiwireserve.nz

Manuka Doctor
manukadoctor.com

Manuka Health
us.manukahealth.com/en

Manuka Honey USA
manukahoneyusa.com

Manuka Performance
manukaperformance.com

Manuka Science
themanukascience.co.nz

Manuka South manukasouth.com

Manuka Wellbeing
manukawellbeing.com

Manuka World shopmanuka.com

Manukora manukora.com

Melita melitahoney.com

Melora melora.co.nz

Me Today us.metoday.com

M & H Manuka mnhnz.co.nz

Midlands Apiaries
midlandsnz.com

Mossop's mossopshoney.co.nz

Mother Earth motherearth.co.nz

Mountain Gold Manuka
mountaingoldmanuka.nz

Mountain Harvest
mountainharvesthoney.co.nz

Mountain Valley
mountainvalleyhoney.com

Mount Somers
mountsomershoney.com

Nature's Nutrition natures-nutrition.co

New Zealand Honey Co.
newzealandhoneyco.com

NZ Bees nzbees.nz

NZ Health Naturally nzhn.com

NZ Queen Bee nzqueenbee.com

O Manuka omanuka.com

Onuku Honey onukuhoney.com

Pacific Resources International
shoppri.com

Pouatu Manuka
Pouatumanuka.nz

Pure As Pureasgroup.co.nz

Puriti Puriti.com

Steens steenshoney.com

Streamland nzstreamland.com

Summer Glow Apiaries
manukahoney.com

Tai Tokerau
taitokerauhoney.co.nz

Taylor Pass Honey
taylorpasshoney.com

The True Honey Co.
truehoney.co.nz

Three Bee 3bee.co.nz

Three Peaks threepeaksnz.com

Tiaki Honey tiakihoney.co.nz

Turner turnernewzealand.com

Tweeddale's
tweeddaleshoney.co.nz

Waireka wairekahoney.co.nz

Waitemata Manuka Honey Direct
manuka-honey-nz.com

Wedderspoon wedderspoon.com

Wild Cape wildcapehoney.com

Wilderness Valley
wildernessvalley.co.nz

Nut Butters

*=certified organic

Abby’s Better abbysbetter.com

*Alison’s Organics
alisonsorganics.com

American Spoon Foods
spoon.com

*Artisana Organics
artisanamarket.com

Big Spoon Roasters
bigspoonroasters.com

*Big Tree Organic Almond Farm
bigtreeorganic.com

*Blue Mountain Organics
bluemountainorganics.com

*Burrough’s Family Farms
burroughsfamilyfarms.com

Crafted House craftedhouse.com

Crazy Go Nuts
crazygonutswalnuts.com

*Dastony dastony.com

*88 Acres 88acres.com

Fastachi fastachi.com

Fiddyment Farms
fiddymentfarms.com

Georgia Grinders
Georgiagrinders.com

Germack Germack.com

Gone Nuts
Gonenutscompany.com

*Gopal’s Health Foods
Gopalshealthfoods.com

Ground Up Grounduppdx.com

Handsome Carver’s
handsomecarver.com

*Heron Fox Farm
heronfoxfarm.com

House of Macadamias
houseofmacadamias.com

*Jem Organics Jemorganics.com

*Kevala kevala.net

Krema Nut Company krema.com

Laurel’s Butter laurelsbutter.com

*Maisie Jane’s maisiejanes.com

*Manna Organics
mannaorganicbakery.com

Millican Pecan millicanpecan.com

Nakee Butter nakee.co

Nosh Butters noshbutters.com

Nutty Gourmet Walnut Butter
nutty-gourmet.com

Nuttzo nuttzo.com

Offbeat Butters
https://shorturl.at/5emUi

*Once Again onceagain.com

Papa Bear’s ilovepapabear.com

Pecan Shop Pecanshop.com

Philosopher Foods
Philosopherfoods.com

Spread The Love
spreadthelovefoods.com

Trail Butter trailbutter.com

Vor Foods vorfoods.com

Wellnut Farms wellnutfarms.com

*Wilderness Poets
wildernesspoets.com

*Windy City Organics
windycityorganics.com

*Woodstock Peanut Butter
woodstock-foods.com

*Yum Butter Yumbutter.com

Olive Oil

*=certified organic

*Apollo Olive Oil
apollooliveoil.com

Bari Olive Oil barioliveoil.com

*Bella Vista Olive Oil
bellavistaoil.com

Belle Farms bellefarms.com

*Bramble Family Farms
bramblefamilyfarms.net

Brosius Family Farms
bffolive.com

*Cal Coast Naturals
cacoastnaturals.com

California Olive Ranch
californiaoliveranch.com

Calivirgin Olive Oil calivirgin.com

Campodonico Olive Oil
campodonico-olives.com

Cloud 9 Orchard
cloud9orchard.com

*Enzo Olive Oil enzooliveoil.com

*Eyrie Olive Oil eyrieoliveoil.com

*Gold Ridge Organic Farms
Goldridgeorganicfarms.com

*Grumpy Goats Farm
Grumpygoatsfarm.com

Husery Olive Oil
husaryoliveoil.com

IL Fiorello ilfiorello.com

*Kitehawk Farm
kitehawkfarm.com

*Living Tree Community Farms
livingtreecommunityfoods.com

McEvoy Ranch mcevoyranch.com

*Middleton Farm
middletonfarmhealdsburg.com

*Organic Roots
organicrootsoliveoil.com

*Rio Bravo Ranch
riobravoranch.com

Stonehouse Olive Oil
stonehouseoliveoil.com

Temecula Olive Oil
temeculaoliveoil.com

The Olive Press
theolivepress.com

Organic Produce

*=certified organic

Alabama

*Mountain Sun Farm mountainsunfarm.com

Alaska

*Arctic Organics arcticorganics.square.site

*Rempel Family Farm rempelfamilyfarm.com

*Rosie Creek Farm rosiecreekfarm.wordpress.com

Arizona

*Arizona Date Company
arizonadatecompany.com

*Arizona Specialty Farms
coosephoenix.com

*Blue Sky Organic Farms
blueskyorganicfarms.com

*Hillside Farms
hillsidefarmsaz.com

*Laine Organic Farms
laineorganicfarms.com

*Woodspur Farms
woodspurfarms.com

*Yumi Dates Yumidates.com

Arkansas

*Dripping Springs Garden drippingspringsgarden.com

*Prairie Woods Farm Jtbar7.wixsite.com/prairiewoodsfarm-1

*Rattle's Garden rattlesgarden.com

California

*Abounding Harvest
aboundingharvest.com

*Ambystoma Farm
ambystomafarm.com

*Apple Starr Orchard apple-starr.com

*Apricot Lane Farms
apricotlanefarms.com

*Beck Grove beckgrove.com

*Berry Island Farms
berryislandfarms.com

*Be Wise Ranch bewiseranch.com

*Big Mesa Farm
bigmesafarm.com

*Blossom Bluff Orchard
blossombluff.square.site

*Blue House Farm
bluehousefarm.com

*Bootstrap Hill Farm
bootstrap-hill-farm.com

*Boring Farm theboringfarm.com

*Braga Organic Farms
buyorganicnuts.com

*Brentwood Rare Fruit Farm
brentwoodrarefruitfarm.com

*Brisa Ranch brisaranch.com

*Burns Blossom Farm
burnsblossomfarm.com

*Capay Hills Orchard
chorganicalmonds.com

*Chetwyn Farm
chetwynfarm.com

*Churchill Orchard
tangerineman.com

*Churn Creek Meadow Organic Farm ccmof.com

*Clearview Orchards
clearvieworchards.com

*Cloverfield Farm
cloverfieldfarm.us

*Comanche Creek Farms
comanchecreekfarms.com

*Copeland's Cherry Ranch
copelandscherryranch.com

*Costiero Farms
costierofarms.com

*Coyote Family Farm
coyotefamilyfarm.com

*Daisy Creek Farms
daisycreekfarms.com

*Dickinson Family Farms
dickinsonfamilyfarms.com

*Dirty Girl Produce
dirtygirlproduce.com

*Duckworth Family Farm
duckworthfarmblueberries.com

*Durst Organic Growers
durstorganicgrowers.com

*Dwelley Farms
dwelleyfarms.com

*Earl's Organic earlsorganic.com

*Eatwell Farm eatwell.com

*Edenberry Farm
edenberryfarm.com

*Everett Family Farm
everettfamilyfarm.com

*Fair Curve Farm
faircurvefarm.com

*Ferrari Farms ferrarifarms.com

*Fifth Crow Farm
fifthcrowfarm.com

*Filigreen Farm
filigreenfarm.com

*First Rain Farm
firstrainfarm.com

*Foothill Roots Farm
foothillrootsfarm.com

*Fresh Life Organics
freshlifeorganics.com

*Frog Hollow Farm
froghollow.com

*Front Porch Farm fpfarm.com

*Fruitilicious Farm
fruitilicious.eatfromfarms.com

*Full Belly Farm
fullbellyfarm.com

*Good Humus Produce
Goodhumus.com

*Goodie Farm Organic
Goodiefarmorganic@gmail.com

*Goodland Organics
Goodlandorganics.com

*Green Hearts Family Farm
Greenheartsfamilyfarm.com

*Harpos Organics
harposorganics.com

*Heinke's Family Farm
heinkesfamilyfarm.godaddysites.com

*Higareda Family Farm
higaredafamilyfarm.com

*High Ground Organics
highgroundorganics.com

*Hunter Orchards
hunterorchards.com

*Inzana Ranch inzanaranch.com

*J.R. Organics
Jrorganicsfarm.com

*JSM Organics Jsmorganics.com

*Julian Organic Farms
Julianorganicfarms.com

*Kandarian Organic Farms
kandarian-organic-farms.myshopify.com

*Kashiwase Farms 209-394-2246

*Kern Family Farms
kernfamilyfarm.com

*Little Paradise Farm
littleparadisefarm.com

*Lonely Mountain Farm
lonelymountainfarm.com

*Longer Table Farm
longertablefarm.com

*Los Osos Valley Organic Farm
lovorganicfarm.com

*Lucero Organic Farms
luceroorganicfarms.net

*Luna Farm
lunafarmatcampgrant.com

*Marble Mountain Farm
marblemountainfarm.com

*Mountain Bounty Farm
mountainbountyfarm.com

*Naylors Organics
naylorsorganicfarmstay.com

*Niki Farms
nikifarms@gmail.com

*Nopalito Farm nopalitofarm.com

*Ohana Farms ohanafarms.com

*Olson Family Farms
olsonfamilyfarms.com

*Organik Fruit organikfruit.com

*Oya Organic Farm
oyaorganicfarm.com

*Page's Organics
tpage760@sbcglobal.net

*Park Family Organics
Parkfarmingorganics.com

*Pereida Farm Pereidafarm.com

*Rainwater Ranch
rainwaterranchwinters.com

*Rancho Vasquez
ranchovasquez.com

*Raw Roots Farm
rawrootsfarm.com

*River Dance Farms
riverdancefarms.com

*River Dog Farm
riverdogfarm.com

*Rodriguez Bros Ranch
rodriguezbrosranch.com

*Sea To Sky Farm
seatoskyfarm.com

*Seley Ranches seleyranches.com

*Sequoia Roots Farm
sequoiarootsfarm.com

*Serendipity Farms
serendipityorganics.com

*Seven Grandfathers Farm
sevengrandfathersfarm.org

*Shares of Harvest
sharesofharvest.com

*Sierra Cascade Blueberries
sierracascadeblueberries.com

*Sierra Valley Farm
sierravalleyfarm.com

*Simms Organics
simmsorganics.com

*Slo Creek Farms
slocreekfarms.com

*Spade & Plow Organics
spadeandplow.com

*Star Bright Acres Farm
starbrightacresfarm.com

*Star Route Farms
starroutefarms.org

*Stehly Farms
stehlyfarmsorganics.com

*Stonybrook Canyon Farm
stonybrookcanyonfarm.com

*Stony Point Strawberry Farm
510-917-0514

*Sunray Farm sunrayfarm.com

*Sunrise Farms
sunrisefarmscitrus.com

*Sunshine Organic

dbasunshineorganic@gmail.com

*Suntracker Farm
suntrackerfarm.com

*Swanton Berry Farm
swantonberryfarm.com

*Templeton Valley Farms
templetonvalleyfarms.com

*Terra Firma Farm
terrafirmafarm.com

*Thackerberry Farms
thackerberryfarms.com

*The Fruit Guys
https://tinyurl.com/33xe5j89

*Tierra Farm tierrafarm.com

*Tomatero Farm
tomaterofarm.com

*Towani Organic Farm
towani@cncnet.com

*Traceland Organics
tracelandorganics.com

*Trees of Antiquity
treesofantiquity.com

*Triple Delight Blueberries
tdberries.com

*Tru 2 Earth Farm
tru2earthfarm.com

*Tutti Frutti Farm tuttifrutti.com

*24 Carrot Farms
24carrotfarms.com

*Veliz Organic Farm
velizorganicfarm.com

*Webb Ranch webbranchinc.com

*Weimar Farm
darrentgreenfield@gmail.com

*Wilkinson Acres
wilkinsonacres.com

*World Variety Produce Inc.
melissas.com

*Zava Ranch zavaranch.com

*Zephyr Mountain Grove
zephyrmountaingrove.com

Colorado

*Adobe House Farm
adobehousefarm.com

*Aloha Organic Fruit
alohaorganicfruit.com

*Aspen Moon Farm
aspenmoonfarm.com

*Bella Bolettino Farms
bellabolettinofarms.com

*Berry Patch Farms
berrypatchfarms.com

Blue Bird Fruit bluebirdfruit.com

*Borden Farms bordenfarms.com

*Cead Farms ceadfarms.com

*Cure Organic Farm
cureorganicfarm.com

*Ela Family Farms
elafamilyfarms.com

*Fortunate Fruit
fortunatefruit.com

*Grant Farms Grantfarms.com

*Kilt Farm kiltfarm.com

*Lady Moon Farms
ladymoonfarms.com

*Morton’s Organic Orchards
mortonsorganicorchards.com

*Palisade Peach Ranch 970-773-4637

*Shire CSA shirecsa.com

*Sweet Cheeks Organic Peaches sweetcheeksorganicpeaches.com

*Synergia Ranch synergiaranch.com

*Topp Fruits toppfruits.com

*Zephyros Farm zephyrosfarmandgarden.com

Connecticut

*Assawaga Farm assawagafarm.com

*Blueberry Hill Organic Farm blueberryhillorganicfarm.com

*Cugno's Farm 860-908-7778

*Fort Hill Farm forthillfarm.com

*Four Root Farm fourrootfarm.com

*George Hall Farm Georgehallfarm.com

*Gilbertie's Organics Gilbertiesorganics.com

*Oxen Hill Farm oxenhillfarm.com

*Riverbank Farm riverbankfarm.com

*Shortt's Farm shorttsfarmandgarden.com

*Starlight Gardens starlightgardensct.com

*Sub-Edge Farm subedgefarm.com

*Sun One Organic Farm sunoneorganic.com

*Sweet Acre Farm sweetacrefarm.com

*Turtle Ledge Farm turtleledge.wixsite.com/turtleledgefarm

*Upper Forty Farm upperfortyfarm.com

*Waldingfield Farm waldingfieldfarm.com

*White Gate Farm whitegatefarm.net

*Wild Carrot Farm wildcarrotfarm.com

Delaware

*HSEN Organic Farm hsenorganicfarm.com

Florida

*Allison Acres allison-acres.com

*Big Daddy's Farm
bigdaddysorganics.com

*Blueberry Hill Farm
blueberryhillfarm.net

*Deep Spring Farm
deepspringfarm.com

*Fresh Life Organics
freshlifeorganics.com

*Glaser Organic Farms
Glaserorganicfarms.com

*Green Door Organics
Gdorganics.com

*Happy Dragonfly Homestead
happydragonflyhomestead.com

High Springs Orchard
https://shorturl.at/cyxAk

*Honeyside Farms
honeysidefarms.com

*King Grove Organic Farm
kinggrove.com

*Melrose Organic Blueberries
352-475-1072

*Organic Harvest
theorganicharvest.com

*Paradise Farms
Paradisefarms.com

*Sweet Roots Organic
sweetrootsorganic.com

*Worden Farm wordenfarm.com

Georgia

*Blu Starr Farms
blustarrfarmsinc@gmail.com

*Brown's Place Farm
brownsplacefarm@gmail.com

*Byne Blueberry Farms
byneblueberries.com

*Crystal Organic Farm
crystalorganicfarm.com

*Lady Moon Farms
ladymoonfarms.com

*Rag & Frass Farm
ragandfrassfarm.com

*Rise N Shine Farm
risenshinefarm.com

*Rodger's Greens & Roots Farm
rodgersgreensandroots.com

*Row by Rowe Organic Farm
rowbyrowefarm.com

*Serenbe Farms
serenbefarms.com

*Woodland Gardens
woodlandgardensorganic.com

Hawaii

*Family Farm
chrisyuenz@hotmail.com

*Kane Plantation Avocados
kaneplantationavocados.com

*Moloa'a Organica'a
moloaaorganicaa.com

*Ono Farms onofarms.com

*Secret Beach Organics
secretbeachorganics.com

Idaho

*Alpenglow Farm
alpenglowfarm.com

*Cosmic Apple Gardens
cosmicapple.com

*Greentree Naturals
Greentreenaturals.com

*Killarney Farm
killarneyfarmid.com

*King's Crown Organic Farm
kingscrownorganics.com

*Moose Meadow Farm
moosemeadoworganic.com

*Mountain View Organic Orchard
mvorganicorchard.com

*Purple Sage Farms
Purplesagefarms.com

*Ronniger's Organics
ronnigersorganics.com

*Swift River Farm
swiftriverfarm.org

Illinois

*Angelic Organics
angelicorganics.com

*Brian Severson Farms
Qualityorganic.net

*Broad Branch Farm
broadbranchfarm.com

*Deer Creek Organics
deercreekorganics.com

*Four Sisters Organic Farm
foursistersorganicfarm@aol.com

*Garlic Breath Farm
Garlicbreathfarm.com

*Harrison Market Gardens
harrisonmarket.com

*Lily Lake Organic Farm
lilylakeof@aol.com

*Middlebury Farms
middleburyfarms.com

*Radical Root Farm
radicalrootfarm.com

*Red Flower Organics
redflowerorganics.com

*Sol Gardens solgardens.net

*Tempel Farms Organics
tempelfarmsorganics.com

*Theodora Farms
theodorafarms.com

Indiana

*Backyard Berry Plants
backyardberryplants.com

*Blueberries of Indiana
blueberriesofindiana.com

*Blueberry Ranch
blueberryranch.com

*Christopher Farm
christopherfarm.net

*Firefly Farms
fireflyfarmsbotanicalwonders.com

*Mavourneen Farm
mavourneenfarm.com

*New Ground Farm
newgroundfarm.com

*Perkins Good Earth Farm
Perkinsgoodearthfarm.com

*Step Back Farm
stepbackfarm.com

*The Blueberry Ranch
blueberryranch.com

Iowa

*Blueberry Bottom Farm
blueberrybottomfarm.com

*Bridgewater Farm
bfproduce.com

*Double K Farms
doublekfarms.com

*Early Morning Harvest
earlymorningharvest.com

*Iowana Farms iowanafarms.com

*Patchwork Green Farm
Patchworkgreen.com

*Prudent Produce
Prudentproduce.net

*Sweet Season Farm
sweetseasonfarmiowa.com

Kansas

*Mellow Fields Farm
mellowfields.com

*The Kansas City Food Hub
thekcfoodhub.com

Kentucky

*Barr Farms barrfarmsky.com

*Beyond The Bridge Farm
btborganic.com

*Brush Creek Berries
brushcreekberries.com

*Cedar Ring Greens
cedarring@gmail.com

*Coleman Crest Farm
colemancrestfarm.com

*Dandelion Ridge Farm
dandelionridgefarmky.com

*Flourishing Herbs
flourishingherbs.com

*Harmony Fields Farm
harmonyfieldsfarm.com

*Idyllwild Farm idyllwildfarm.com

*Knob Hill Farms
knobhillfarmsky.com

*Lazy Eight Stock Farm
lazyeightstockfarm.com

*Lost Acres
lostacres.wixsite.com/mysite

*Rains & Sun rainsandsun.com

*Rolling Forks Organic Farm
rollingforkorganicfarm.com

*Rootbound Farm
rootboundfarm.com

*Rough Draft Farmstead
roughdraftfarmstead.com

*Salad Days Farm
saladdaysfarm.com

*Solway Farms solwayfarms.com

*Spade & Table
spadeandtable.com

*Sustainable Harvest Farm
sustainableharvestfarm.com

*Wolf Gap Gardens
wolfgapgardens@gmail.com

Louisiana

*Guidry Organic Farms guidryorganicfarms.com

Maine

*Apple Acres Farm
appleacresfarm.com

*Bar Harbor Farm
barharborfarm.net

*Birch Bog Farm
birchbogfarm.com

*Black Kettle Farm
blackkettlefarm.com

*Bright Berry Farm
brightberryfarm.com

*Burke Hill Farm
burkehillfarm.com

*Carding Brook Farm
cardingbrookfarm.com

*Checkerberry Farm
checkerberryfarm.me

*Crystal Spring CSA
info@crystalspringcsa.com

*Curra Family Farm
pwcurra@gmail.com

*Daisy Chain Farm
daisychainfarm.com

*Darthia Farm darthiafarm.com

*Dharma Farm dharma.farm

*Ewing Fruit Co
ewingfruitco.com

*Fail Better Farm
failbetterfarm.com

*Fountain Farm
fountainfamilyfarm.com

*Frinklepod Farm
frinklepodfarm.com

*Frith Farm frithfarm.net

*Goronson Farm
Goronsonfarm.com

*Hall Brook Farm
hallbrookfarm.com

*Harvest Tide Organics
harvesttideorganics.com

*Hosac Farm hosacfarm.com

*Intervale Blueberry Farm
intervaleblueberryfarm.com

*Kennebec Valley Farm
kennebecvalleyfarm.com

*Levesque's Organic Farm
levesquesorganicfarm.com

*Nettie Fox Farm
nettiefoxfarm.com

*New Beat Farm
newbeatfarm.com

*New Spoke Farm
newspokefarm.com

*North Branch Farm
northbranchfarm.org

*Old Wells Farm
oldwellsfarm.com

*One Drop Farm
onedropfarm.com

*Orange Circle Farm
orangecirclefarm.com

*Patch Farm Patchfarm.me

*Peace & Plenty Farm
organicblueberry.com

*Ricker Hill Orchards
rickerhill.com

*Ripley Organic Farm
ripleyorganicfarm.com

*Rivendell Farm
allennicky62@gmail.com

*Sewall Organic Orchard
sewallorchard.com

*Sheepscot Farm
sheepscotgeneral.com

*Slow Rise Farm
slowrisefarm.com

*Smithereen Farm
smithereenfarm.com

*Snakeroot Organic Farm
snakeroot.net

*Stonecipher Farm
stonecipherfarm.com

*Three Bug Farm 3bugfarm.com

*Tiny Acres Farm
tinyacresfarmmaine.com

*Villageside Farm
villagesidefarm.com

*Whatley Farm whatleyfarm.com

*White Duck Farm
whiteduckfarm.net

*Winslow Farm winslow-farm.com

Maryland

*Calvert's Gift Farm
calvertsgiftfarm.com

*Common Root Farm
commonrootfarm.com

*Cottingham Farm
cottinghamfarm.com

*Even' Star Organic Farm
evenstarfarm.bigcartel.com

*Giovanni's Organic Farm
Giovannisfarm.com

*Hybridoma Farm
hybridomafarm.com

*Moon Valley Farm
moonvalleyfarm.net

*Nev-R Dun Farm
nevrdunfarm.com

*Nuts About Berries Farm
nutsaboutberriesfarm.com

*Oak Spring Farm oakspring-farm.com

*Sassafras Creek Farm
sassafrascreekfarm.com

*Star Bright Farm starbright-farm.com

*The Farm At Our House
thefarmatourhouse.com

Massachusetts

*Allen Farms
allenfarmsorganics.com

*Anything Grows Farm
anythinggrows-farm.com

*Astarte Farm astartefarm.com

*Bartlett's Farm
bartlettsfarm.com

*Benson Place Blueberry Farm
bensonplace.org

*Bug Hill Farm bughillfarm.org

*Couch Brook Farm
couchbrookfarm.com

*Clark Farm
clarkfarmcarlisle.com

*Fiddler's Blues Farm
Janetmargjohnson@gmail.com

*Foxtrot Herb Farm
foxtrotherbfarm.com

*Freedom Food Farm
freedomfoodfarm.com

*Heaven's Harvest Farm
heavensharvestfarm.com

*Hope Still Farm hopestill.com

*Hutchin's Farm
hutchinsfarm.com

*Langwater Farm
langwaterfarm.com

*Long Life Farm longlifefarm.com

*Many Hands Organic Farm
mhof.net

*Mountain View Farm
mountainviewfarmcsa.com

*Old Friends Farm
oldfriendsfarm.com

*Old Frog Pond Farm
oldfrogpondfarm.com

*Red Fire Farm redfirefarm.com

*Riverland Farm
riverlandfarm.com

*Silverwood Organic Farm
silverwoodorganicfarm.com

*Simple Gifts Farm
simplegiftsfarmcsa.com

*Snowplace Farm
snowplacefarm@gmail.com

*The Kitchen Garden Farm
kitchengardenfarm.com

*Twelve Moon Farm
twelvemoonfarm.com

*Wright-Locke Farm wlfarm.org

*Yellow Stonehouse Farm
Yellowstonehousefarmcsa.com

Michigan

*Adam's Blueberry Farm
adamsblueberryfarm.com

*Almar Orchards almar-orchards.com

*Bear Creek Organic Farm
bearcreekorganicfarm.com

*Blue Stem Farm
bluestemfarm.net

*Country Valley Farm
countryvalleyfarm.com

*Coveyou Scenic Farm
coveyouscenicfarm.com

*Earth First Farms
earthfirstfarms.com

*East River Organic
eastriverorganic.com

*Frog Hollow Farm
frogholleorganic.com

*Full Hollow Farm
fullhollowfarm.com

*Gateway Farm

Gatewayfarmplymouth.com

*Good Stead Farm
Goodsteadfarm.com

*Granor Farm Granorfarm.com

*Kessler Family Farm
kesslerfamilyfarm.com

*Lakeview Hill Farm
lakeviewhillfarm.com

*Light of Day Organics
lightofdayorganics.com

*Michigan Organic Fruit
michiganorganicfruit.com

*Molter Family Orchards
molterfamilyorchards.com

*North Star Organics
northstarorganics.com

*Pleasant Hill Farm
Pleasanthillfarm.eatfromfarms.com

*Plymouth Orchards
Plymouthorchards.com

*Providence Organic Farm
Providenceorganicfarm.com

*Raindance Organic Farm
raindanceorganic.com

*Raven Oaks Farm
ravenoaksfarm.com

*RC Organic Farms
rcorganicfarms.com

*Second Spring Farm
secondspringfarm.net

*Shepherd Organic Produce
https://shorturl.at/g8HN7

*Slow Farm
slowfarmandfriends.com

*Tower Hill Farm
Jnstudier@yahoo.com

*Wild Coyote Farm
wildcoyotefarm.com

*Willow Garden willow-garden.com

Minnesota

*Alternative Roots Farm
alternativerootsfarm.blogspot.com

*Blue Fruit Farm
bluefruitfarm.com

*Clover Bee Farm
cloverbeevegetablefarm.com

*Dancing Gnome Farm
dancinggnomefarm.com

*Featherstone Farm
featherstonefarm.com

*Food Farm foodfarmcsa.com

*Fruit Acres Farm
fruitacresapples.com

*Hare & Tortoise Farm
hareandtortoisefarm.com

*Hoch Orchard hochorchard.com

*Little Hill Berry Farm
littlehillberryfarm.com

*Northern Harvest Farm
northernharvestfarm.com

*Owl Bluff Farm owlbluff.com

*Produce Acres
Produceacres.com

*Ripe Radish Farm
riperadishfarm.com

*Seeds Farm seedsfarm.org

*Seven Songs Farm
sevensongsfarm.com

*The Boreal Farm
theborealfarm.com

*The Elm Tree Farm
theelmtreefarm.com

*The Farm of Minnesota
thefarmofmn.com

*The Long Siding Farm
thelongsidingfarm.com

*Twin Organics twinorganics.com

*Uff-Da Organics
uffdaorganics.com

Mississippi

*Blue Tara Blueberry Farm
Pickaberry.com

*Thornhill Blueberry Farm
thornhillblueberryfarm.com

Missouri

*Blue Heron Orchard
blueheronorchard.com

*Green Gate Family Farm
Greengatefamilyfarm.com

*Happy Hollow Farm
happyhollowfarm-mo.com

*Stark Bros starkbros.com

Montana

*Carlton Creek Organic Farm
carltoncreekorganic.com

*County Rail Farm
countyrailfarm.com

*Fat Robin Orchard
fatrobinorchard.com

*Foothill Farm
foothillfarmmontana.com

*Golden Willow Botanicals
Jrboyle@3rivers.net

*Green Bench Orchard
Greenbenchorchard.com

*Hoot Owl Farm hootowlfarm.net

*Mountain Spring Farms
mountainspringfarms.org

*Mountain Valley Growers
mountainvalleygrowers.com

*Pine Creek Farm
montanagreenhouses.com

*Rocky Creek Farm
Gallatinvalleybotanical.com

*Schmucker's Farm 406-889-5347

*Spin Drift Organics
spindriftorganics.com

*Spirit Works Herb Farm
spiritworksherbs.com

*Three Hearts Farm
threeheartsfarm.com

Nebraska

*Common Good Farm
commongoodfarm.com

*Meristem Farm
meristemfarmandnursery.com

*Robinette Farms
robinettefarms.com

*Wolff Farms
wolfffarmsproduce.com

Nevada

*Agape Organics
delane@agapeorganics.com

*Churchillbutte Organics
churchillbutte@gmail.com

*Hungry Mother Organics
info@hungrymother.cc

New Hampshire

*Abenaki Springs Farm
abenakispringsfarm.com

*Apple Haven Farm
applehaven.com

*East Wind Farm
eastwindfarm.wordpress.com

*Good Enough Farm
Goodenoughfarmnh.com

*Greenhill Farm
Greenhillfarmnh.square.site

*Grounding Stone Farm
Groundingstonefarm.com

*Hop N Hen Farm
hopnhenfarm.com

*Inkwell Farm inkwellfarm.com

*Luna Bleu Farm
lunableufarm.org

*Mink Meadow Farm
minkmeadowfarm.com

*Mountain Heartbeet
mountainheartbeet.com

*Nubi River Farm
nubiriverfarm.com

*Stout Oak Farm
stoutoakfarm.com

*Terra Basic terrabasics.com

*Terra Organics
terraorganicsnh.square.site

*Tuckaway Farm
tuckawayfarmnh.com

*Uphill Farm uphillfarmnh.com

New Jersey

*Blue Moon Acres
bluemoonacres.com

*Chesterfield Orchards
chesterfieldorchards.com

*Closter Farm closterfarm.com

*Fairgrown Farm
fairgrownfarm.com

*Flocktown Farm
flocktownfarm.com

*Little Buck Organics
littlebuckorganics.com

*Martenette Farms
martenettefarms.com

*Merrick Farm
themerrickfarm.com

*Muth Family Farm
muthfamilyfarm.com

*Ramblin' Sol Farm
ramblinsolfarm.com

*River Stoan Farm
riverstoanfarm.org

*Rockywood Farm
rockywoodfarm.com

*School Lunch Farm
schoollunchfarm.com

*Snapping Turtle Farm
snappingturtlefarm.com

*Summer Wind Farms
summerwindfarms.com

*Windsong Farm
windsongorganicfarm.com

New Mexico

*Green Tractor Farm
Greentractorfarm.com

*Heidi's Raspberry Farm
heidisraspberryfarm.com

*New Mexico Harvest
http://tinyurl.com/4f67633j

*North Valley Organics
northvalleyorganics.com

*Synergia Ranch
synergiaranch.com

New York

*Aber's Acres abersacres.com

*Adam's Acres adamsacres.net

*Bhavana Blueberries
bhavanaberries.com

*Biophilia Organic Farm 631-255-4877

*Chestnut Creek Farm
ccforganic.com

*Chicory Creek Farm
chicorycreekfarm.com

*Cove Hill Organics
kgilber2@rochester.rr.com

*Cowberry Crossing Farm
cowberrycrossingfarm.com

*Cross Island Farms
crossislandfarms.com

*Deep Roots Farm
deeprootsfarmny.com

*Demetra's Bio-Farm
demetrasbiofarm.com

*Denison Farm denisonfarm.com

*Dirt Rich Farm dirtrichcsa.com

*Dizzy Lizzie's Farm
dizzylizziesfarm.com

*Drumlins End Farms
drumlins.end@gmail.com

*Engelbert Farms
engelbertfarms.com

*Ever Green Farm egfcsa.com

*Fellenz Family Farm
fellenzfamilyfarm.com

*Fishkill Farms fishkillfarms.com

*Frosty Morning Farm
frostymorningfarmcny.com

*Golden Earthworm Farm
Goldenearthworm.com

*Grindstone Farm
Grindstonefarm.com

*Halfway Acres halfwayacres.com

*Happenchance Farm
happenchance396@gmail.com

*Healing Spirits Herb Farm
healingspiritsherbfarm.com

*Hearty Roots heartyroots.com

*Hemlock Grove Farm
hemlockgrovefarm@gmail.com

*Hidden Acre Farm
hiddenacre.farm

*Horsetail Herb Farm
horsetailherbfarm.com

*Indian Neck Organics
indianneckorganics.com

*Ingall's Blueberry Hill
ingallsblueberryhill.com

*Jamesport Farmstead
Jamesportfarmstead.com

*Jasper Meadows Farm
Jaspermeadowsfarm.com

*Juniper Hill Farm
Juniperhillfarmcsa.com

*Kingfisher Organic Farm
kingfisherorganicfarm.com

*Little Seed Gardens
littleseedgardens.com

*Lovin' Mama Farm
lovinmamafarm.com

*Maitri Farm maitriny.com

*Majestic Farm majesticfarm.com

*Markristo Farm
markristofarm.com

*MX Morningstar Farm
mxmorningstarfarm.com

*Natural Earth Organic Farms
naturalearthorganicfarms.com

*Norwich Meadows Farm
norwichmeadowsfarm.com

*Obercreek Farm
obercreekfarm.com

*O & E Farm oandefarm.com

*Onda Farm
ondafarm@yahoo.com

*Organic Produce Direct
organicproducedirect.net

*Reeves Farm reevesfarms.com

*Robert J. Fish Family Farm
rjfishfamilyfarm@gmail.com

*Sang Lee Farms
sangleefarms.com

*Snow Hill Organic Farm
snowhillorganicfarm.com

*Solid Ground Farm
solidground.farm

*Sova Organic Farms
sovafarm.com

*Stoneledge Farm
stoneledge.farm

*Sunsprout Farm
sunsproutfarm.com

*Tangle Root Farm
tanglerootfarm.com

*Thompson Finch Farm
thompsonfinch.com

*Thorpe's Organic Family Farm
thorpesorganicfamilyfarm.com

*Wyllie Fox Farm
wylliefoxfarm.com

North Carolina

*Abanitu Organics
abanituorganics.com

*Banner Greenhouses
bannergreenhouses.com

*Clem's Organic Gardens
clemswift@gmail.com

*Eagle Feather Organic Farm
ncgoldenseal.com

*Faucette Farms
faucettefarms.com

*Herndon Hills Farm
herndonhillsfarm.com

*Hilltop Farms hilltopfarms.org

*Moccasin Creek Muscadines
moccasincreeknc.com

*New Sprout Farms
newsproutfarms.com

*Ramble Rill Farm
ramblerillfarm.com

*Red Scout Farm
redscoutfarm.com

*South Wind Produce
southwindproduce.com

*Thatchmore Farm
thatchmorefarm.com

*Timberwood Organics
timberwoodorganics.square.site

*Whitted Bowers Organic Farm
whittedbowersfarm.com

*Windcrest Organic Farm
store.windcrestorganics.com

*Wise Acres Organics
wiseacresorganic.com

North Dakota

*Horneman Organic Farms
hornemanfarms@gmail.com

*North Star Farm
northstarorganic.com

Ohio

*Banzhaf Garten Organic Farm
banzhafgarten.com

*Bird Song Farm
birdsongfarmohio.com

*Bluebird Organic Farm
bluebirdorganicfarm@gmail.com

*Brickel Creek Organic Farm
sue@brickelcreek.com

*Eden Urban Gardens
edenurbangardens.com

*Green Field Farms Gffarms.com

*Green Table Gardens
Greentablegardens.com

*Henson Family Farms
hensonfamilyfarmllc.com

*Mile Creek Farm
milecreekfarm.com

*Mud Run Farm
mudrunfarmorganics.com

*Oberlin Food Hub
oberlinfoodhub.com

*Shared Legacy Farms
sharedlegacyfarms.com

*Simon Organics
simonorganics.com

*Strawberry Hill Farm
strawberryhillfarm1@gmail.com

*Sunbeam Family Farm
sunbeamfamilyfarm.com

*That Guy's Family Farm
thatguysfamilyfarm.com

*Three Creeks Produce
threecreeksproduce.com

*Turner Farm turnerfarm.org

*Wild Farm wildfarmohio.com

Oklahoma

*Acadian Family Farm
acadianfamilyfarm.com

*Joe's Farm Joesfarmok.com

*Peace of Prairie
Peaceofprairie.com

*Three Springs Farm
threespringsfarm.com

Oregon

*A Very Graced Farm
averygracedfarm.com

*Barking Moon Farm
barkingmoonfarm.com

*Bella Organic bellaorganic.com

*Berkey's Blueberries
berkeysblueberries.com

*Bethel's Springs Farm
michelle@bethelspringsfarm.com

*Dancing Roots Farm
dancingrootsfarm.com

*Earth's Rising Farm & Nursery
earthsrisingnursery.com

*Estill Farms estillfarms.com

*Fresh Green Organics
freshgreenorganics.com

*Fry Family Farm
fryfamilyfarm.org

*Goodfoot Farm
Goodfootfarm.com

*Hilda's Organic U-Pick
hildasorganicupick.com

*Hinsvark Farm
hinsvarkfarm@gmail.com

*Holland Organic Farms
hollandorganicfarms.com

*Hood River U-Pick Organic
hoodriverupick.com

*James Organic Blueberries 541-386-5806

*Little Wings Farm
littlewingsfarm.com

*Minto Island Growers
mintogrowers.com

*Moon Ridge Farms
moonridgefarms.com

*Oak Rose Farm
bonniehcox@gmail.com

*Organic Sweet Home Blues
organicsweethomeblues.com

*Queener Farm
Queenerfarm.com

*Rain Shadow Organics
rainshadoworganics.com

*Springbank Farm
springbankfarm.com

*Spring Up Farm
springupfarm.com

*Sublime Organics
sublimeorganicsllc.com

*Sunbow Produce
sunbowproduce.com

*Sweet Leaf Organic Farm
sweetleaforganicfarm.com

*Thomas Orchards
kimberlyfruitcompany.com

*Wandering Fields 541-899-6933

*Wandering Roots Farm
wanderingrootsfarm.com

*Whistling Duck Farm
whistlingduckfarm.com

*Winter Green Farm
wintergreenfarm.com

Pennsylvania

*Anchor Run Farm
anchorrunfarm.com

*Beshore Hill Farm
beshorehillfarm.com

*B&H Organic Produce
bhorganicproduce.com

*Bio Way Farm biowayfarm.com

*Blooming Glen Farm
bloomingglenfarm.com

*Bridge Avenue Berries
bridgeavenueberries.com

*Carlton Farms carltonfarms.net

*Cherry Valley Organics
cherryvalleyorganics.com

*Crawford Organics
crawfordorganics.com

*Crooked Row Farm
crookedrowfarmpa.com

*Good Farm CSA
Goodfarmcsa.com

*Good Keeper Farm
Goodkeeperfarm.com

*Henningstead Organic Farm
henningsteadorganicfarm@gmail.com

*Jade Family Farm
Jadefamilyfarm@gmail.com

*Kimberton CSA
kimbertoncsa.org

*Kretschmann Family Farm
kretschmannfarm.com

*Latimore Valley Farms
latimorevalleyfarms.com

*Misty Acres Farm 484-648-1571

*Morris Farm morrisorganic.com

*New Morning Farm
newmorningfarm.net

*Oak Nut Farm oaknutfarm.com

*Patriot Farms
Patriotfarmspa.com

*Peace Tree Farm
Peacetreefarm.com

*Pocono Organics
Poconoorganics.com

*Roots To River Farm
rootstoriverfarm.com

*Sarver Hill Organic Farm
sarverhillfarm.net

*Spiral Path Farm
spiralpathfarm.com

*Spring Creek Farm
springcreekfarm.com

*Taproot Farm
taprootfarmpa.com

*Two Creek Farm twocreek.net

*Village Acres Farm
villageacres.com

*Willow Wisp Organic Farm
willowwisporganic.com

Rhode Island

*Arcadian Fields
arcadianfields.com

*Big Train Farm
bigtrainfarm.com

*Brandon Family Farm
brandonfamilyfarm.com

*Cedar Edge Farm
cedaredgefarm.com

*Cluck & Trowel
cluckandtrowel.com

*Elwood Orchard
elwoodorchard.com

*Farming Turtles
farmingturtles.com

*Garman Farm Garmanfarm.com

*Green View Farm
Greenviewfarmri.com

*Little River Farm
littleriverfarmri.com

*Long Lane Farm
longlanefarmri.com

*Roots Farm rootsfamilyfarm.org

*Skinny Dip Farm
skinnydipfarm.blogspot.com

*The Farm thefarminri.com

South Carolina

*City Roots Farm
cityrootsfarm.com

*Sylvan Farm sylvanfarm.org

*Watsonia Farms
watsoniafarms.com

*Wild Hope Farm
wildhopefarm.com

South Dakota

*Bear Butte Gardens bearbuttegardens.com

*Haroldson Farms haroldsonfarms.com

*Mikkonen Organic Farm mikkonenorganic.com

Tennessee

*Bloomsbury Farm bloomsburyfarms.com

*Delvin Farms delvinfarms.com

*Windermere Farms windermerefarmsandapiaries.com

Texas

*Bill's Organic Gardens
billsorganicgardens.com

*Blueberry Ridge Farm
blueberryridgefarm.com

*Farm Share Austin
farmshareaustin.org

*Good Earth Organic Farm
Goodearthorganicfarm.com

*Greengate Farms
Greengatefarms.net

*Lee Organic Farms
leeorganicfarms-tx.com

*Middle Ground Farm
middleground-farm.com

*South Texas Organics
stxorganics.com

Utah

*Copper Moose Farm coppermoosefarm.com

*First Frost Farm firstfrostfarm.com

*Stagl Organics staglorganics.co

Vermont

*Adam's Berry Farm
adamsberryfarm.com

*Berry Creek Farm
berrycreekfarmvt.com

*Black Bird Organics
blackbirdorganicsvt.com

*Burnt Rock Farm
burntrockfarm.com

*Cate Hill Orchard
catehillorchard.com

*Clearbrook Farm
clearbrookfarm.com

*Clearfield Farm
clearfieldfarmvt.com

*Deep Meadow Farm
deepmeadowfarm.net

*Dwight Miller Orchards
dwightmillerorchards.com

*Evening Song Farm
eveningsongcsa.com

*Flag Hill Farm flaghillfarm.com

*Golden Russet Farm
Goldenrussetfarm.com

*Hartshorn Organic Farm
hartshornfarm.com

*Jericho Settlers Farm
Jerichosettlersfarm.com

*Long Wind Farm
longwindfarm.com

*Mighty Food Farm
mightyfoodfarm.com

*Old Athens Farm
oldathensfarm.com

*Root 5 Farm root5farm.com

*Sandy Bottom Farm
sandybottomfarmvt.com

*Small Axe Farm
smallaxefarm.com

*Stone's Throw Farmstead
stonesthrowfarmstead.com

*Sunshine Valley Berry Farm
vermontberries.com

*Sweet Roots Farm
sweetrootsvt.com

*Sylvan Moon Farm
sylvanmoonfarm@gmail.com

*The Farm Between
thefarmbetween.com

*Trillium Hill Farm
trilliumhillfarm.com

*Valley Dream Farm
valleydreamfarm.com

*Walker Farm walkerfarm.com

*Wild Hill Organics
wildhillorganics.com

*Wild Stone Farm
wildstonefarm.com

*Willow Hill Farm
willowhillfarm.us

*Wood's Market Garden
woodsmarketgarden.com

Virginia

*Blenheim Organic Gardens
blenheimorganicgardens.org

*Hobbit Hill Farm
hobbithillfarm.com

*Mattawoman Creek Farms
mattawomancreekfarms.com

*Radical Roots Farm
radicalrootsfarm.com

*Rivenwood Gardens
rivenwoodgardens.com

*Riverstone Organic Farm
riverstoneorganicfarm.com

*Second Mountain Farm
secondmountainfarm.com

*The Farm At Sunny Side
thefarmatsunnyside.com

Washington

*Abundantly Green
abundantlygreen.com

*April Joy Farm apriljoyfarm.com

*Bee Organic Farm
beeorganicfarm.com

*Boistfort Valley Farm
bvforganic.com

*Bow Hill Blueberries
bowhillblueberries.com

*Breckenridge Blueberries
breckenridgeblueberries.com

*Carnation Farms
carnationfarms.org

*Cedar Slope Farm
cedar-slope-farm.square.site

*Cedarville Farm
cedarvillefarm.com

*Dungeness Meadow Farm
dungenessmeadowfarm.com

*Ecolibrium Farms
ecolibriumfarms.com

*Finnriver Farm finnriver.com

*Forest Garden Farm 206-408-7299

*Four Elements Farm
fourelementsfarm.com

*Full Circle Farm fullcircle.com

*Gibbs Organic Farm
Gibbsorganic.weebly.com

*Hayton Farms
haytonfarmsberries.com

*Hazel Grey Farms
hazelgreyfarms.org

*Helsing Junction Farms
helsingjunctionfarms.com

*High & Dry Farm
highanddryfarm.com

*Nash’s Organic Produce
nashsorganicproduce.com

*Northwest Organic Farms
northwestorganicfarms.com

*Northwest Wild Foods
nwwildfoods.com

*Plum Forest Farm
Plumforestfarm.com

*Radix Farm radixfarm.com

*Rising River Farm
risingriverfarm.com

*Sauk Farm saukfarm.com

*Shady Grove Farm shady-grove-farm.com

*Silver Maple Farm silvermaplefarmofwashington.com

*Skokomish Valley Farms skokomishvalleyfarms.com

*Snow Grass Farm snowgrassfarm.com

*Spring Rain Farm springrainfarm.org

*Tiny's Organic Farm tinysorganic.com

*Tonnemaker Farm tonnemakerfarm.com

*Waxwing Farm waxwingfarmllc.com

*Whitehorse Meadows Farm whitehorsemeadowsfarm.com

*Whitestone Mountain Orchard whitestonemountainorchard.com

*Winding Road Farm thewindingroadfarm.com

West Virginia

*Red Hawk Rise Organics redhawkriseorganics.com

Wisconsin

*Cattail Organics cattailorganics.com

*Dream Apple Farm dreamportmarket.com

*Driftless Organics driftlessorganics.com

*Full Harvest Farm fullharvestfarm.com

*Growing Earth Farm Growingearthfarm@gmail.com

*Gwenyn Hill Farm Gwenynhillfarm.com

*Harmony Valley Farm harmonyvalleyfarm.com

*Harvest Moon Organics harvestmoon2722@gmail.com

*Jen Ehr Family Farm Jenehr.com

*Maple Bee Acres maplebeeacres.com

*Mary Dirty Face Farm marydirtyface.com

*Northwind Organic Farm northwindorganicfarm.org

*Olden Organics oldenorganics.com

*Old Oak Family Farm oldoakfamilyfarm.com

*Park Ridge Organics Parkridgeorganics.com

*Peck & Bushel Peckandbushel.com

*Plowshares & Prairie Farm
Plowsharesandprairie.com

*Racing Heart Farm
racingheartfarm.com

*Red Door Family Farm
reddoorfamilyfarm.com

*Rising Sun Farm & Orchard
risingsunfarmandorchard.com

*Steadfast Acres steadfast-acres.com

*Sunbow Farm sunbowfarm.com

*Tipi Produce tipiproduce.com

*Vitruvian Farms
vitruvianfarms.com

*Westridge Organic Farm
westridgeorganicfarm.com

*Wheatfield Hill Organics
wheatfield@nelson-tel.net

*Winterfell Acres
winterfellacres.com

*Winter Spring Farm
winterspringcsa.com

*White Feather Organics
whitefeatherorganics.blogspot.com

*White Pine Berry Farm
whitepineberryfarm.com

Wyoming

*Sheila Bird Farms sheilabirdfarms.com

RAW COW'S MILK

*=certified organic

Alabama

*Alabama's Organic Dairy Products workingcowsdairy.com

Alleluia Acres
alleluiaacresheritagefarm.com

Bare Bottom Farms
barebottomfarmsllc@gmail.com

Bartl Homestead
bartlhomestead.com

Black Foster Farm 205-826-1827

Broken Orchard Farm 256-516-5062

DC Family Farm 520-260-5447

Drinkard Family Farm 256-200-0747

Frank Henry Farms
ntaylor@frankhenry.co

Happy Meadow Farm 813-426-6146

Higher Ground Herbs & Homestead highergroundal.com

Howling Dog Farm 770-294-6841

Humble Hearts Farms 256-476-3058

My Dad & Me Family Farm mydadandmefamilyfarm.com

One Accord Farm oneaccordfarm@gmail.com

Promise Land Family Farm 540-526-4026

Still Water Farm stillwater.farm

Sunny 9 Homestead 256-443-3298

*Twice Blessed Farm twiceblessedfarm.com

Welcome Homestead 256-338-8795

*Working Cows Dairy workingcowsdairy.com

Alaska

Abundant Life Farm abundantlifefarm.us

Arctic Blessings Farm arcticblessings.eatfromfarms.com

Hooligan Forest 907-280-9711

Old Sterling Farm 907-235-1087

Rady Family Farmstead radyfamilyfarmstead.com

Rafter M Farm raftermfarm.com

Arizona

Fond Du Lac Farms fonddulacfarms.com

Golden Rule Dairy Goldenruledairy.com

Greener Pastures 520-705-3248

Inspire Farms inspirefarms.com

J & B Family Farms 480-349-2620

Kimber’s Farm 928-270-1907

MDL Milk 520-465-3131

Milky Way Dairy Farm 520-403-8025

Morning Bluebird Micro Dairy 406-942-0415

Scarlett Ridge Farms 480-695-3562

Shadows Pride Farm 520-664-6878

Sparlin Ranch Works 520-971-1545

T Bar J 520-390-9839

Arkansas

Addison Oak Farms
addisonoakfarms@gmail.com

Angela Carrick 870-349-2930

Apple Gleen Farm 479-295-3318

Bug Scruffle Farm 479-761-0171

Blue Paradise Dairy
blueparadisedairy.com

Dreamweavers Farm 501-350-0562

Farm Life billy@nlcc.us

Flying Pig Cattle
flyingpigcattleco.com

Forever Farms 731-377-1233

Freeman's Micro Dairy 903-276-7135

Golden Jewell Dairy 479-841-4670

Green Farm 870-427-3039

*Hayes Humble Homestead
hayeshumblehomestead.com

Hernandez Homestead 479-409-1282

Hidden Harmony Farm 479-518-3017

Hideaway Farms
hideawayfarms.org

Hillian's Rocky Ridge Ranch
479-200-3611

Hillside Acres 760-703-7576

Hosman Farms 501-358-9445

Integrity Farm 785-312-2480

Ivy's Mays 870-830-4515

JV Farms Jvfarms71929.com

Knotts Creek Farm 870-378-8801

Lead By Faith Milk Farm 870-810-0761

Lil Cypress Creek Heritage Farms
Lccheritagefarms.com

Mike Senn Family Farm 870-312-0957

Milk & Honey Hill Farm
milkandhoneyhillfarm.com

Milk on Main 503-915-8488

Neptune's Marketplace 870-504-2684

Perkins Farm 870-291-2223

Promise Land Farmstead 754-366-2873

Qualls Family Farm 479-858-8614

Rabbit Ridge Farms
https://shorturl.at/SV0of

Red Roof Dairy 501-529-2317

R Family Farm 479-841-8277

Richardson Farms 501-253-5325

Schot's Slopes Farm 870-449-4294

Shady Oaks Farms
shadyoaksfarms.net

Shore Family Farm 501-424-8843

Spann Farm 501-416-1801

Spring Orchard Farm 479-643-4035

The Farmhouse on Persimmon Hill thefarmhousekatahdins.com

The Howard Farm 479-287-2551

The Sutton Ranch thesuttonranch.com

Thomas Farm 501-472-9108

Three Sisters Homestead 303-827-9489

Waltzing Rock Micro Dairy 479-422-4944

Wildwood Farm 870-360-6294

Wilson Ranch wilsonranch.net

California

Bannister Oak Farms 916-949-8934

Bindi Farms bindifarms.com

Claravale Farm claravalefarm.com

*Davis Organic Farm 805-423-1153

Duivenvoorden Farms rawmilkdairy.com

559 Farm 559-970-7980

Freehand Farm freehandfarm.com

Hamm's Homestead 951-757-6862

Harmony Acres harmonyacres.com

Jan Farms Janfarms.com

Jersey Joy Farms 805-714-4048

Katy Bug Farms katybugfarms.paperform.co

K Ranch Creamery 559-676-2072

Little Farm 707-408-2697

Our Ground Up Farm 916-425-9204

Rainbow Ranch Farms 760-868-6206

Raw Farm rawfarmusa.com

San Marin Milk 408-893-8441

Schoch Family Farm schochfamilyfarm.com

Siskiyou Farm 530-598-2358

Stable Food stablefood@gmail.com

Valley Herdshare skp1377@yahoo.com

Colorado

Agrestal Ranch 541-513-3789

Bella Farm 970-527-5703

Bodtker Family Farm 707-787-8109

Buttercup Farms 719-966-2237

Castlewood Family Farm 720-899-2423

Cedar Springs Farm 970-778-1609

Cloud 9 Farms 719-505-9574

Copper Bells Farm 303-910-8164

Cortez Creamery
cortezcreamery.com

Covenant Farms 970-218-1300

Ebert Family Farm
ebertfarms.com

Emma's Milk Barn 719-691-5883

Five Freedoms Dairy
fivefreedomsdairy.com

Fountain Spring Farm 636-699-2120

Four TS Ranch 970-874-8323

Gittleson Family Farms 443-986-1740

Historic Allis Ranch
historicallisranch.com

Ida's Miniature Jerseys
idasminiaturejerseys.com

Jacob Springs Farm
Jacobspringsfarm.com

James Ranch Jamesranch.net

Jersey Girls Raw Milk 719-784-4024

J & M Dairy 970-588-3377

JNP Ranch 303-877-2276

Johnson's Acres 303-452-8043

Kristy Gilmor 303-822-6727

Larga Vista Ranch
largavistaranch.com

Lil Rancher Homestead 719-375-9656

Little Bit Family Farm 720-602-1995

Liquid Gold Dairy 720-602-1995

Maybell Milk 970-824-1033

Milk & Honey Homestead
milkandhoneyhomestead.com

Milk Creek Creamery 970-629-8176

Miracle Dairy Farm
miracledairyfarm.com

Pacha Mor Dairy
Pachamordairy.com

Parkers Pastures
Parkerspastures.com

Pastures Of Liberty
Pasturesofliberty.com

Peaches & Cream Dairy 970-208-7131

Rad Ranch radranchllc.com

Rancho Del Gallo Farm 970-527-5200

Raymond Dairy 970-250-2967

Rocky Ridge Farm
rockyridgefarm.org

R Patch O'Heaven 970-454-2375

Simply Natural Dairy 303-910-6130

Stars Farm starsfarm.co

Sustainable Settings sustainablesettings.org

Taft Hill Dairy tafthilldairy1@cs.com

The Empty Glass Farm 970-260-9353

The Other Side Ranch 970-927-3260

The Prairie Farm Table 720-825-1801

Tin Star Station 720-924-1440

Torena Farms torenafarms.com

Vision Farms visionfarms.org

Willmarth Family Farm 970-858-8669

Wimo Farms wimofarms.com

Zwack Family Farm 303-478-5628

Connecticut

Baldwin Brook Farm baldwinbrookfarm.com

Brush Hill Dairy 860-383-9255

Buttercup Farm 401-626-1085

Deerfield Farm deerfieldfarm.org

Double L Market doublelmarket.com

Edge Of The Woods 203-787-1055

Fox Fire Farm 860-455-0739

Holbrook Farm holbrookfarm.net

Meadowridge Farm 860-307-9147

Nature View Farm 860-355-3276

Prairie Foods Prairiefoods.farm

Rich’s Farm 203-888-6212

Rustling Wind Creamery rustlingwind.com

West Green Farm westgreenfarm.com

Delaware

Clearview Waterfalls cwhministry.org

Rocky Ridge Dairy farmmatch.com/rockyridgeclub

Shady Maple Farm 302-734-7647

Florida

A Thousand Hills Farm 352-493-1098

*Alday Farm aldayfarm.com

A&R Farms thomrob@live.com

Bit Of Honey Farm 386-235-5337

CF Dairy 334-304-2771

College Hill Farm 863-781-3882

Conley Homestead
sharisgarden@live.com

Cream Catchers Farm
creamcatchersfarm.com

Florida Farm Direct
floridafarmdirect.com

Frog Feet Farm frogfeetfarm.com

Full Circle Farm
fullcirclerealfoods.com

Golden Dreams Dairy 850-910-0349

Grass Fed Florida Grassfedfl.com

Grove Ladder Farm
http://tinyurl.com/5dv34um2

Hammer Time Hollow
hammertimehollow.com

Hazel Belle Farm 904-608-2110

Heritage Hen Farm
heritagehen.com

Irish Acres irishacres.org

Jarrett Family Farm 727-495-1947

Jenny Gomes 352-315-9051

Jersey Acres
Jerseyacres@norcell.us

*Jessica's Organic Farm
Jessicasorganicfarm.com

Joash Farms 727-366-8968

Jupiter Creamery 561-260-1609

Keely Farms Dairy
keelyfarmsdairy.com

Linda 352-348-7285

Marando Ranch
marandoranch.com

Moo To You mootoyou.org

Mosier Family Farms 850-326-6168

Natural Springs Dairy
Goneorganicdairy.com

Oikos Food Club
oikosfoodclub.org

Pastured Farm Food Club
Pasturedfarmfoodclub.com

Produced On The Farm
Producedonthefarm.com

Red Top Dairy Farm 850-849-3332

R & R Jersey Farm 863-266-9919

Sand Hill Farm 229-873-6746

Shade-E-Lane Farm 802-505-1550

Shepherds Hill Farm
shepherdshillfarmflorida.com

South Tampa Farm 813-892-9418

Stalwart Stock 561-262-4297

The Farmacy freshby4roots.com

The Good Earth Dairy
thegoodearthdairy.com

The Raw Milk Creamery 754-423-3786

Triple Strand Ranch
triplestrandranch.com

Georgia

Amber's Farm & Orchard 530-693-7163

Arrow Hill Farm Dairy 706-397-7178

Barker Farms 478-288-7183

Black Briar Family Farm 706-830-9247

Burnt Hickory Farm 678-500-5396

Bush Hollow Farm
bushhollowfarm.com

Carlton Farm carltonfarm.com

Clarabelle Farm 951-316-1005

Country Gardens Farm
countrygardensfarm.com

De Beer Family Farms 803-427-9144

Harmony Acres
harmonyacres.com

Harrow Farms harrowfarms.com

Heritage Farms 706-252-5396

Iron Root Pastures
ironrootpastures.com

Keith Valley Farm hobocheese.co

Lightning Valley Farm 770-468-4019

River Raised Farm 770-905-6385

Rolling Fields Farm 706-296-0698

Sam Jones 770-490-5190

Sparkman Dairy 229-941-2933

The Good Shepherd Family Farm
770-274-9093

The Moxie Cow 404-590-3296

Triple L Farms
triplelfarmsga.com

Woodsong Farm
woodsongfarm.net

Hawaii

Ancient Valley Growers
ancientvalleygrowers.com

*Cowdharma Organic Farm 808-987-7553

Idaho

Brush Creek Creamery 208-877-1600

Cache Meadow Creamery
cachemeadowcreamery@gmail.com

Canyon Breeze Ranch 208-843-2527

Cow Hill Family Farm 920-362-7432

Daloris Dairy dalorisdairy.com

Freshly Squeezed Moo Juice 831-233-9442

Gallup Family Farms
Gallupfamilyfarms.com

Hoodoo Homestead
hoodoohomestead.com

Loleta Farms loletafarms.com

Loreto Farm 208-615-3637

Mary Jane's Creamery 208-882-6819

Milk House Farm 208-352-0749

Millhorn Farmstead Creamery
509-701-9017

Mountain Willow Farm 208-518-0128

Nuzzaco Farm 208-741-3006

Paradise Grove Dairy 208-657-2201

*Paradise Springs Farm
info@paradisespringsfarm.com

Pestarino Ranch 208-267-8743

*Pleasant Meadow Creamery
Pleasantmeadowcreamery.com

Provider Farms
Providerfarms.com

Raspberry Lane Ranch
raspberrylaneranch.com

Raw Life Farms 208-716-9290

Robinson Beef & Dairy Ranch
208-397-8511

*Saint John's Organic Farm
saintjohnsorganicfarm.com

Stanger Ranch stangerangus.com

Star Chaser Ranch 208-350-9416

Vogel Farms
vogelfarmscountrymarket.com

Wandering Moose Farm 208-435-4446

Wild Spaces Farm
wildspacesfarm.com

Illinois

All Grass Farms
allgrassfarms.com

Cedar Ridge Farm 309-259-9206

Clover Hill Farm 309-261-2336

Creators Choice 815-312-0912

Curry Heritage Farms 217-691-5539

Flat Branch Farm 217-820-3034

Flowered Cow Dairy
sonrisefarms.net

*Fresh From The Farm 630-257-9092

Golden Meadows 618-426-3951

Guernsey Meadows 618-559-2058

Harmony Acres
harmonyacres.com

Haystack Gardens haystack-gardens.com

Hoffman's Little Acres
hoffmanslittleacres.com

Honeysuckle Farm
honeysucklefarm.net

Kilgus Farmstead
kilgusfarmstead.com

Koch's Back 40 Farm 309-643-2945

Little Brown Cow Dairy
little-brown-cow-dairy.business.site

McConauchie Manor Farm 314-699-4430

Morgason Family Farms 217-343-0716

Morning Star Farms 217-440-3110

Nettle Creek Farm & Pantry
nettlecreekfarmandpantry.com

North Sky Farms
northskyfarms.com

Nourished By Nature
nourishedbynature.net

Pastures Delights
Pasturesdelights.3dcartstores.com

Prairie Creek Pastures
Prairiecreekpastures.com

Prairie Fruits Farm & Creamery
Prairiefruits.com

Precious Pastures
Preciouspastures.com

Pure Farm Food 779-804-9875

Rocky Road Dairy
rockyroaddairy.com

Sonrise Farms sonrisefarms.net

Wind Sweep Farm
windsweepfarm.com

Zanger's Wholesome Prairie 217-430-9884

Indiana

Ayrshire Farm ayrshirefarm.com

Fagan Family Farm
faganfamilyfarm.com

Grass Corp. Grasscorp.net

Moonlight Farm 765-266-0035

Pasture's Delights
Pasturesdelights.3dcartstores.com

The Farm Connection
thefarmconnection.grazecart.com

Trader's Point Creamery
traderspointcreamery.com

Vintage Meadows Farm
vintagemeadows.farm

WBF Homestead 574-653-2717

Wonder Tree Farm
wondertreefarm.com

Wood View Acres
woodviewacres.com

Iowa

ACM Grace Hill 319-653-4934

Atkins Raw Milk Dairy 319-560-6786

BAJ Farm 319-213-0055

Be Whole Again Farm
bewholeagainfarm.com

Bluff Creek Farm
bluffcreekfarmllc.com

Bridge View Farm 909-635-8520

Cottonwood Hill Farms
cottonwood-hill.com

Dairy Brink Farm
dairybrinkfarm.com

De Melkerij Farm
demelkerijfarm.com

Eden Ridge Acres
edenridgellc.com

Grandma's Homestead
Grandmashomestead.com

Little Iowa Farm
littleiowafarm.com

Nold Farmstead
noldfarmstead@gmail.com

Radiance Dairy 641-472-8554

Single Silo Farms 515-460-5469

Tenley Farms 563-210-0772

Kansas

Agora Farm agorafarmks.com

Back To The Country Farm 785-937-2279

Big Creek Farm 620-437-6242

Borntrager Dairy
borntragerdairy.com

Bryant Family Farm
bryantfamilyfarm.com

Coyote Creek Dairy Farm 785-242-3558

Dahl Family Farm 785-806-2315

Dorema Farms 620-330-3580

Double O Farms 502-857-1306

Evans Farm 913-731-5121

Faye Farms fayefarms.com

Flint Rock Creamery
flintrockcreamery.com

Gasper Family Farm
Gasperfarm.com

George Farms Georgefarms.farm

Glass Springs Dairy 620-669-8127

Good Karma Micro Dairy 785-483-1234

Good Neighbors Homestead
goodneighborshomestead@gmail.com

Green Acres 913-980-2563

Hadley Heritage Farm
hadleyheritagefarm.com

Hanschu's Jerseys 785-983-4841

Hasenkamp Farm
hasenkampfarm@gmail.com

Hawes Dairy Farm 502-209-0535

Homestead Services 785-633-2935

Jako Farm Jakofarm.com

Kathy Becker 913-795-2265

Laughing Rooster Farm 620-249-3011

Little Light Homestead 316-210-5790

Little Prairie Pantry 785-210-9016

Markley Dairy 785-842-7062

Merry Dairy Farm 913-749-9989

Morgan Farms
morganfarmskc.com

Oak Haven Farm 913-225-0404

Prairie Rose Farm 316-821-0309

Renner Dairy 785-217-1120

Romans Royal 620-359-2327

Sasnak Farm 620-960-1331

Skyview Farm skyviewfarm.net

Speltz Farms 785-447-0463

Sun Dog CSA 785-654-2313

Ten Mile Farm
tenmilefarmkc.com

The Holle Haven 785-713-9275

The Inquisitive Farmwife 785-547-5342

West Creek Farm 785-527-3237

Wilhite Stock Farms 918-533-1083

Kentucky

Agape Farm Herdshare 606-344-8874

Crafted By Lindberg
craftedbylindberg.com

Drake Family Dairy 270-681-7955

Growing In Grace Farm 985-215-5206

Hagan's Heritage Farm
hagansheritagefarm@yahoo.com

Hawes Dairy Farm 502-209-0535

Heavy Hollow Farm 859-661-0014

High Spruce Farmstead 859-661-0014

*Hobbiton Farm
hobbitonfarm@gmail.com

JG Farm 270-378-5871

Jubilee Farm 270-206-5562

Lara Cattle Company 502-257-4973

Misty Valley Farm 270-531-2604

Moo2U Dairy moo2udairy.com

Moos N More 270-634-7041

Natural Choice Family Farm 502-817-2355

Pike Valley Farm 859-209-0628

Pristine Acres 720-979-6918

Raising Arrows Ridge 859-533-0195

Reconciled Farm
reconciledfarm.com

Royal Springs Dairy 502-321-4358

Royalty Rock Farm
royaltyrockfarm.com

Rustic Acres 606-260-9066

Serenity Farms 606-787-6009

Slak Market Farm
slakmarket.com

Sunny Pastures 859-613-3939

Three Daisies Farm
threedaisiesfarm.com

Three Daughters Farm
threedaughtersky.com

White's Hilltop Farm 606-682-0624

Whole Life Buying Club 502-352-6155

Willow Hills willowhills.org

Winhill Farm 859-304-1225

Woodlawn Farm 502-514-8622

Louisiana

Cajun Milk Cows 337-517-8554

C Squared Farm 704-737-8945

Jarrell Brothers Dairy Jarrellbrosdairy.com

Maine

*Balfour Farm Dairy
balfourfarmdairy.com

Birch Hill Farm 207-583-7265

Bisson's Farm 207-725-7215

*Brook Ridge Farm 207-324-6221

*Chase Farm 207-549-7611

Downhome Farm 207-793-9699

Dreamland Farms 260-242-2925

Fleur De Lis Farmstead
fleurdelisfarmstead@gmail.com

*Grassland Organic Farm
Grasslandorganicfarm.com

Harmony Mill Farm 207-584-2035

Highland Farms
https://shorturl.at/PNJvc

Highview Farm high-view-farm.com

Imagination Farm 207-733-2569

Matinicus Dairy 207-930-9347

*Misty Brook Farm
mistybrook.com

Olde Sow Farm 207-733-2569

Sebago House Dairy 207-787-5212

Snowy Hill Farm 207-845-2574

Still Brook Acres
stillbrookacres.com

Tessiers Farm tessiersfarm.com

Widdershins 207-564-7926

Winter Hill Farm
winterhillfarm.com

Maryland

Abundance Farm & Apiary
abundancefarmandapiary.com

Buttercup Farm
buttercupfarmgrassfed.com

Chesapeake's Bounty 410-586-3881

Dogwood Lane Dairy
dogwoodlanedairy.com

Evergreen Meadows Farm 717-529-0204

Farm View Meadows Farm 443-417-0078

Grandview Acres Farm
Grandviewacresfarm.com

Grassfed On The Hill 410-206-2868

Grassfed 270
farmmatch.com/grassfed270

Grid Iron Hill Farm
Gridironhillfarm.com

Healing Haven Farm
healinghavenfarmmd@gmail.com

Hensing Farm hensingfarm.com

Little Captain Creek Farm 223-221-2934

P.A. Bowen
Pabowenfarmstead.com

Pleasant Pastures
farmmatch.com/pleasantpastures

Prigel Family Creamery
Prigelfamilycreamery.com

Purifying Pastures
Purifyingpastures.com

Revolving Earth 443-525-7743

Slippery Slope Farm 301-934-3849

Snyder Homestead Farm 301-928-9185

Twelve Oaks Creamery 828-595-5028

Wholesome Nova
wholesomenova.com

Massachusetts

Bettencourt Dairy Farm
bettencourtfarmsma.com

Blue Hill Farm 413-429-6598

Buckhill Homestead Farm
kerrycow.com

Carter & Stevens Farm
carterandstevensfarm.com

*Chase Hill Farm
chasehillfarm.com

Clover Luck Farm
cloverluckfarm.com

Cream Of The Crop Farm 413-297-6037

Cricket Creek Farm
cricketcreekfarm.com

Crystal Brook Farm
crystalbrookfarmsterling.com

Greener Acres Farm
thegreeneracresfarm.com

Herrick Farm herrickfarm.net

Little Black Cow Dairy 978-808-0692

Lolans Farm lolansfarm.com

Maple Brook Farmstead
maplebrookfarmstead.com

Maple Valley Creamery
maplevalleycreamery.com

*Meadowsweet Farm 413-412-3543

Mermaid Farm 508-645-3492

North Plain Farm
northplainfarm.com

Oake Knoll Farms
oakeknollfarms.com

O'Brien Farm 978-544-1195

Paskamansett Farms
Paskamansettfarms.com

Rocky Acres Milk
rockyacresmilk.com

Roger's Farm 413-544-5408

*The Grey Barn & Farm
thegreybarnandfarm.com

Upinngil upinngil.com

Walnut Lane Farm
walnutlanefarm.com

Michigan

Alfresco Acres alfrescoacres.com

*Amaris Farms
amarisfarms@gmail.com

Angelus Farms 616-421-5095

Badge Family Homestead 616-375-7345

Baie Klippe Farm
baieklippefarm.weebly.com

Baker's Green Acres
bakersgreenacres.com

Beverly Farms 810-441-6466

Blossom Ridge Farm 616-443-0677

Borgen Family Farm 231-649-5678

Borntreger Homestead 231-250-4446

Bumpus Holsteins 517-937-9360

C & K Farms 231-675-9891

Clark Farms 517-575-1438

Counting Sheep Farm 231-519-4865

Cradle Knoll Farm 231-537-4962

D.E. Palka Farm
depalkafarms@gmail.com

De Vor Dairy Farm & Creamery
devordairyfarmandcreamery.com

Diversity Farm 989-486-5782

Divine Harvest Farm
divineharvestfarm.com

Ellison Dairy LLC
ellisondairyllc@gmail.com

Engedi Farms
engedifarmsmi.com

Firesign Family Farm 734-449-0247

Five Hens Farm
katie@fivehensfarm.com

GHK Farms 517-819-0949

Giddy Guernsey Homestead 248-318-0572

Golden Willow Farm
goldenwillow@protonmail.com

Good Life Dairy 231-873-3737

Green Pastures Dairy
migreenpastures.net

Gypsy Valley Creamery
endlessmeadows.com

*Hampshire Farms
hampshirefarmsorganic@gmail.com

Harvest Time Dairy 989-277-7968

Hebron Farms
hebronfarms@gmail.com

*Hicks Dairy 810-523-3771

Hillcrest Flowers & Farm 989-294-4810

*Hill High Dairy
hillhighdairy@yahoo.com

Hillside Jerseys
hillsidejerseys.com

J & A Sunrise Farms
sunrisefarmandairy.com

Jorasz Family Farm
Joraszfamilyfarm.com

Kandyland Dairy
kandylanddairy@gmail.com

Konetchy Cowshare 231-578-9602

Lone Oak Farms 517-819-0949

Mar Gro Farms margrofarms.com

Mighty Acres 734-624-3813

Milligan Dairy Farm
milligandairyfarm.net

MI Roots Farm mirootsfarm.com

Missing Goose Farm 616-755-0498

Moo-nique Dairy
mooniquedairy.com

New Era Dairy 517-628-2749

Noneman Farms 616-755-0498

Nourish Cooperative
nourishcooperative.com

*Oliver Farms 810-356-1799

Pine Acres 989-906-0808

Positively Grown LLC
Positivelygrownllc.com

Providence Acres 810-348-2857

Serendipity Farms 231-357-4001

Shared Blessings Farm 231-743-2286

Six S Dairy sixsdairy.com

The Far Out Homestead 406-261-4825

The Giddy Guernsey Homestead
248-318-0572

The Recreational Homestead
269-509-7308

The Yoder Homestead 231-499-6155

Thundering Oak Highlands 269-547-7262

Troyer Farm rawmilkdrinker.com

*Truth Organics 810-422-7414

Two Sparrows Farm
twosparrowsfarm.com

Weathered Silos Farm
http://tinyurl.com/yc39zre2

Wing Nut Farms 517-612-9439

Woodbridge Dairy Farm
woodbridgedairyfarm.com

*Woodside Meadows Farm
rawmilkdrinker.com

Woodspryte Farm 517-719-5468

Wood View Acres
woodviewacres.com

Minnesota

Black Dirt Homestead 320-444-7484

Blessing Way Pastures
blessingwaypastures.com

Bobbi Karow 507-215-5415

Boomflower Farm
boomflowerfarm.com

Boos Lake Farm
booslakefarm.com

Colliander Farm
collianderfarm.com

Drake Karow 507-215-5415

Fruitful Seasons Dairy
fruitfulseasonsdairy.com

Gerdes Fresh Farm
Gerdesfreshfarm.com

Great Heritage Farm
Greatheritagefarm.com

Happy Cow 218-252-0185

Hogenson Family Farm 701-446-7608

Honey Milk Homestead
honeymilkhomestead.com

Humble Beginnings Family Farm
hbfamilfarm.eatfromfarms.com

Jacobsson Family Farm 612-385-4447

JLG Natural Farm 763-244-0320

Johnston's Riverview Farm
Johnstonsriverviewfarm.com

*Lampert Family Dairy 507-724-2369

*Little Elk Organic Farm
littleelkorganicfarm.com

Living Waters Farm 507-273-4499

Miracle Acres Farm
miracleacresfarm.net

Nyquist Grass Fed Dairy 320-310-6719

Out of Eden Farms 218-252-5123

Prairie's Edge Farm
Prairiesedgefarm.com

Prairie Winds Farm 507-202-9179

Ryndaville Farm
ryndavillefarm.com

Scheidegger Family Farm 651-785-4004

Shiloh Farm 919-946-9718

Something New Farm
somethingnewfarm.com

Straight Up Outside
straightupoutside.com

Three W Homestead 830-688-9943

Thumann Farms 507-259-7193

Traditional Dairy 763-219-5885

Trytten Dairy 507-450-4408

*Wellspring Organic Farms
wellspringorganicfarms@gmail.com

Wholesome Family Farms
wholesomefamilyfarms.com

Y Knot Cattle 218-270-0270

Mississippi

Garrett Farm 901-361-2041

W & W Farms wandwfarms.com

Missouri

Abounding Acres
aboundingacres.com

Air 2 Ground Farms
air2groundfarms.com

Argentville Dairy 636-668-8014

Back Acres Farm 417-395-4983

Be Whole Again Farm
bewholeagainfarm.com

B & H Dairy 573-564-2337

Bonnie Wilson 573-438-6744

Bonnyvale Farm
bonnyvalefarm.com

Breezy Hill Farm breezy-hill-farm.com

Brockman Dairy 573-270-4022

Camelot Cattle 417-466-5436

Canaan Farm 417-383-1910

Cloverhill Dairy 417-926-2087

Coon Tree Farm 417-349-2045

Cox Family Farm
coxfamilyfarmmo.com

Cream & Crop 573-760-6701

Creamy Hills Dairy
creamyhillsdairy.weebly.com

Curious George Farms 573-680-7085

Drew 417-241-1331

East Lohman Acres
eastlohmanacres.com

Elijah's Farm 573-743-3212

Family Farm 816-258-1136

Fed From The Farm
fedfromthefarm.com

Fox Holler foxholler.com

Good Water Farm 573-244-3539

Granny's Creamery
Grannyscreamery.com

Green Hills Harvest 660-244-5858

Guier Farm 660-864-4140

Halestead 405-435-3258

Haven Heritage Farm
minijerseydairy.com

Hawk Hill Micro Dairy 660-247-3465

Heavenly Hill Homestead 636-575-5440

Heritage Farm 417-224-7024

High Farm 660-379-2744

*Hill Valley Organics 660-238-1274

JD's Milk 417-844-7217

Jersey Lane Dairy 573-788-2718

Kade Acres 816-248-4453

LCR Dairy 660-341-1076

Leaning Oaks Farms 636-210-7484

Little Lane Farm
littlelanefarm.weebly.com

Locust Acres 315-836-6285

Maple Staff Farm 417-683-0173

Marlee's Creamery 417-358-9381

Martin Family Farms 573-549-2293

*Mary Martin 573-378-7120

*Meadowlark Creamery 660-397-4011

Midwest Served Fresh 573-241-2541

Milk House 417-456-2165

Mini Mosaic Acre 417-293-0223

New Beginning Farm 406-939-4194

Nourishing Family Farm
nourishingfamilyfarm.com

Our Maker's Acres 660-244-3636

Pasture Nectar Farm
Pasturenectarfarm.com

Peaceful Hills Farm
Peacefulhillsfarm.com

Petersheim Dairy
molocalroutes.wordpress.com

Piney Creek Farm
Pineycreekfarm.com

P & K Farms 573-915-8642

Pleasant Ridge Farms
Pleasantridgefarms.net

Quiet Valley Farm 301-769-8199

Rector Dairy Farm 417-394-2681

Red Bell Farms 417-466-8313

Red Brush Acres 816-826-6590

Sun Down Ridge Farm 573-857-2229

Susie's Farm 573-418-9933

Tiny House Farmstead 636-577-0410

Troque Farms 816-215-9925

Twisted Ash Farm
twistedashfarm.com

Udder Cream Farm Girl
uddercreamfarmgirl.tripod.com

Udderly Crazy Farm
udderlycrazyfarm@gmail.com

Vanderosa Farm
vanderosa-farm.business.site

West Family Farm 573-818-4018

Whispering Pines Farmstead 816-809-8353

WJW Farm 816-719-5701

Montana

Big Sky Creamery 406-209-3829

Black Coffee Ranch
blackcoffeeranch.grazecart.com

Crazy Bear Farm
crazybearfarm.com

Dahl Ranch dahlranchmt.com

Dairy Fairy Homestead 406-941-3054

Faithful Paths Farm 406-414-0384

Family Love Produce
familyloveproduce@gmail.com

J & J Creamery 406-208-5575

Jordan Homestead
Jordanhomestead.us

Kraft Homestead 406-850-1658

Mossy Acres Farm
mossyacresfeeds.com

Prairie Dairy 406-781-2697

Seven B Farmstead
7bfarmstead.com

Snowshoe Ranch 907-903-6372

The Farmer's Gals 406-546-1792

Wildflower Raw Milk
wildflowerrawmilk.com

Nebraska

Beauty View Farms
beautyviewfarms.com

Bryant Dairy Farm 402-689-0730

Chapman Family Farms
chapman-family-farms.square.site

Clear Creek Farm 308-750-1086

Clover Cove Dairy 402-925-2431

Divino Nino Dairy 402-310-6056

Four Winds Creamery
fourwindscreamery.com

Hope Creamery 402-914-0059

Kendrick Farms 719-849-3763

Little Red Farm
thelittleredfarm.com

Manly View 402-660-9530

Meadowlark Hearth 402-968-2775

Milk House smilinmilkhouse.com

Murman Dairy murmandairy.com

Payne Creek Acres
Paynecreekacres.com

Reichenberg Raw Milk 308-520-5045

Rocking S Bar Livestock 308-380-0162

Texley Farms texleyfarms.com

The Classical Cow
theclassicalcow.com

T & S Farms 402-340-8686

TS Pick Dairy 402-841-9192

Nevada

Happy Cows 530-300-9311

New Hampshire

Aaron Knight 603-835-9077

Acworth Village Gardens 603-835-7986

Allen Farm Jandl299@yahoo.com

Battles Farm
thebattlesfarm@yahoo.com

Benedikt Dairy
benediktdairy.com

Brookford Farm
brookfordfarm.com

Brookvale Pines Farm
brookvalepinesfarm.com

Bunten Farm 603-353-9066

Connolly Brothers Dairy Farm
603-924-5002

Country Critters Farm 603-831-0534

Courser Meadows
coursermeadows.com

Eccardt Farm 603-495-3157

Flying Cloud Dairy 603-835-2519

Great Brook Farm 603-756-3661

Higher Ground Highlands Farm
603-231-3490

Huckins Farm huckinsfarm.org

Jennings Family Farm 603-672-1281

Kopacz Family Farm 603-887-2357

Matras Maple Sugarhouse & Dairy
matrasmaple.com

Moose Mountain Farm 603-651-3099

Moose River Micro Farm 603-767-3389

Patterson Farm 603-944-2554

Robie Farm 603-272-4872

See To It Farm seetoitfarm.com

Storybrook Farm 603-235-7228

Swain Farm 603-524-3419

Sweet River Farm
sweetriverfarm.net

Temple Wilton Community Farm
twcfarm.com

Trow Heritage Farm 603-320-2353

Vernon Family Farm
vernonfamilyfarm.com

Walker Farm Dairy 603-832-3349

*Winsome Farm Organics 603-272-5875

Winterberry Farm 603-801-5621

New Jersey

Amish Shepherd's Hollow Farm
amishhollowfarm.com

Bobolink Dairy cowsoutside.com

Bone In Food boneinfood.com

Grass Valley
farmmatch.com/cleaneating

Pleasant Pleasures
farmmatch.com/pleasantpleasures

Sugar Maple Jerseys
sugarmaplejerseys.com

New Mexico

Cottonwood Farms 928-920-8955

Delia Garcia 505-690-2787

De Smet Dairy desmetdairy.com

Farmer Ben's 915-217-6624

Kuchan Ranch 575-447-2600

Melissa Blair 505-412-7768

Ojo Conejo ojoconejo.com

Two Cross Dairy 505-215-3978

New York

AKM Farm akmfarm.com

Amaar Milk
m_amaar80@yahoo.com

Avalon Farm 516-423-6251

*Berle Farm berlefarm.com

Big Brook Farm 315-827-4570

Brookby Farm brookbyfarm.com

*Butterfield Farm
butterfield4.wordpress.com

Byebrook Farm 607-538-9796

*Chasehold Farm
chaseholdfarm.com

Chris Wines 631-722-4241

Churchtown Dairy
churchtowndairy.org

Country Cousins Farm
countrycousinsfarm.com

*Crystal Valley Creamery 607-243-9668

Diehl Homestead 845-482-5047

Dirie Dairy Farm 845-482-4301

*Dutch Meadows Farm
dutchmeadowsfarm.com

Erba Verde Farms
erbaverdefarms.com

Essex Farm essexfarmcsa.com

Freedom Hill Farm
freedomhillfarm.net

Hell Hollow 607-435-4425

Hidden Camp Farm
hiddencampfarm.com

Jersey Bell Farm 315-745-9974

Jersey Meadow 518-249-7952

*K & O Farm kodairy.com

Lana Rosa Dairy 585-509-4228

Lone Oak Farm 315-246-0198

*Meant To Be Natural Food 845-535-1354

Mecox Bay Dairy
mecoxbaydairy.com

Mountain Farm 845-641-8247

Muddy River Dairy 607-988-0026

North Country Creamery
northcountrycreamery.com

Now Farms nowfarms.com

Old Ford Farm oldfordfarm.com

Peachey's Farm 315-405-6297

Quaker Hill Creamery
Quakerhillcreamery.com

Remembrance Farm 607-227-4650

Serenity Meadows
serenitymeadowsllc.com

Spruce Gate Farm 603-234-3886

Stony Creek Farm
warwickrawmilk.com

*Sunny Cove Farm
sunnycovefarm.com

Sunset View Creamery
sunsetviewcreamery.com

*Thorpes Organic Family Farm
thorpesorganicfamilyfarm.com

Three Fold Community Farm
threefoldcommunityfarm.org

*Turner Farm turner-farm.business.site

*Udder Milk Creamery
uddermilk.com

Willow Marsh Farmstore
willow-marshfarmstore.com

Winters Grass Farm
wintersgrassfarm.com

*Yoder Farm 585-798-9345

*Zimmerman Farm 315-536-6745

North Carolina

Abundant Life Farm
abundantlifefarmtnc.com

Barefoot Cow 919-710-9445

Benor Farm benorfarm.com

Bucket List Homestead
bucketlisthomestead.com

Chief's Acres 603-286-0558

Creek's Edge Family Farm
creeksedgefamilyfarm@gmail.com

C-Sawhill Farm 828-289-5439

Duskwood Farm
duskwoodfarm.com

Everfield Farm everfieldfarm.com

Feather & Forage
featherandforage.com

Fisher Farmstead 910-813-1092

Fisher Ward Dairy 336-239-7431

Fuster Cluck Farm
fustercluckfarm.com

Getz Family Farm 919-437-4863

Heal The Land Farm 931-538-9422

Heffner Farms 336-455-0621

Holly Creek Dairy 919-795-2695

Humphrey Farms
humphreyfarmsnc.com

Jewel Hill Farms 828-215-6082

*Jones Farm 828-467-3218

JW Farm 434-710-2769

Keiger Family Farm 336-983-4798

Lilly Den Farm lillydenfarm.com

Lutheridge Dairy 704-798-7404

M2H Farm 828-755-8052

Myrtle Milk 704-779-9975

*Nourishing Food Connection
nourishingfoodconnection@protonmail.com

*Oak Spring Meadows Farm
oakspringmeadowsfarm.com

Old Blue Farms
oldbluefarms@gmail.com

Old Tallulah 828-735-9253

Purple Chicken Farm
alishaave@aol.com

Red Barn Farm
redbarnfarmnc.com

Re Gen Ranch regenranch.us

Sauer Family Farm
sauerfamilyfarm.com

School House Life
theschoolhouselife.com

Seven Seasons Farm
sevenseasonsfarm.com

Shelter Mountain Farm
sheltermountainfarm.com

Suncatcher Farm 336-262-7213

Sunrise Creamery 336-414-1138

Sykes Family Farm
sykesfamilyfarm.com

Thomas Family Farms
thomasfamilyfarmsnc.com

*Underwood Family Farms 704-477-4312

Yellow House Farm 828-712-8337

Yesteryear Farm 757-901-9448

North Dakota

Avard Acres 701-934-5437

Bartlett Farms bartlettfarms.us

Bev’s Best Dairy 701-535-1017

Boo’s Farm 701-300-4665

Brokaw Ranch brokawranch.com

Deal Family Farm
thedealfamilyfarm.com

Diamond Dairy 701-475-2374

Erb Dairy 701-429-7978

Erickson Farms
app.barn2door.com/ericksonfarmsnd/all

Four Maids A Milking 701-390-3222

Hoff Dairy 701-290-6508

Legacy Acres 701-301-2590

Lincoln Valley Dairy 701-570-2727

Reich Family Dairy 701-320-5749

Rural 30 Farm 701-871-0190

Ryun's Legendairy 701-260-1462

Serenity Hill Ranch 701-516-2469

Three Twelve Farm
312farm.nd@gmail.com

Ohio

A Bounty of Eden
farmmatch.com/abountyofeden

Arrowcrest 513-625-7727

Aunt Ellen's Farm 740-343-3255

Ayers Valley Farm Meats
ayersvalleyfarmmeats.com

Bair Trax Dairy 937-440-9614

Bardo Acres 330-277-1677

Belvedere Farmstead
belvederefarmstead.com

*Blue Loon Farm
blueloonfarm.com

Carlisle Creamery 440-941-6334

Copia Farm copiaohio.com

Cymry Farm 330-654-4752

De Graaf Farm 937-581-3404

*Dues Jersey Farm 317-753-4016

Echo Farm 740-544-2126

Ember Ridge Farm 330-397-9163

Everett Farms 740-819-3161

Everson Jerseys Dairy Farm
eversonjerseysdairyfarm.com

Everyday Acres
everydayacres.com

Five T Farm 740-574-2938

G & J Acre Dairy 330-663-8224

Glastonbury Farm
Glastonburyfarm.org

Green Iron Ranch 419-989-9748

Greenview Dairy 740-258-9204

*Heritage Breed Farms 937-726-3501

Highland Haven Farm
farmmatch.com/highlandhavenfarm

Homestead Farm 937-845-9394

*Jubilee Meadows Farm 419-946-1413

*Lucas Organic Farms
lucasorganicfarms.com

Melody Holler Farm 740-818-3577

New Horizon Farm
happycowsatnewhorizon.com

Non-Typical Farms 937-478-3471

Oak Hill Family Farm
ohff.milk@gmail.com

Old Woodbridge Farm
theoldwoodbridgefarm.com

Payne Family Farm 740-507-3165

Peace of Heaven Farm 234-232-2056

Pebblecreek Homestead
Pebblecreekhomestead.com

Rossland Farm 740-703-9644

Scenic Hill Jerseys 419-606-4582

Schwartz Family Homestead
schwartzfamilyhomestead.com

Seasonal Sun Farm 419-348-8390

*Simon Organics
simonorganics.com

Simple Pleasures Farm 330-806-0747

*Smith Dairy eatfoodforlife.com

Stone Garden Farm
stonegardenfarm.com

Stony Meadow Farm 330-853-6681

Sweet Grass Dairy 317-258-3864

Thirty Four Dairy 937-570-4914

TS Farms 937-763-1167

Two Sisters Creamery
onecowrevolution.wordpress.com

Union Champ Dairy 937-622-3045

Wakatomika Homestead 740-616-0968

*Weldy Jerseys 419-587-3270

Wholesome Acres 740-749-3270

Wil-O-Knoll Dairy 419-681-0751

Oklahoma

Angela Faughtenberry
413farm.com

Angela Linzey 405-315-0445

Back To Your Roots Farm 918-864-0292

Berry Creek Farm 405-659-3879

Big Grass Beef 580-362-7375

Blanchard Milk Stop
blanchardmilkstop@gmail.com

Chupps Farm 918-629-8893

Cutter Family Farms 405-774-1717

Dixie Lease Farms
kdkincade@gmail.com

Four Sparrow Farm 580-693-0551

Goodwin Farms 405-420-3419

Goshen Acres 580-320-2990

Havenly Homestead 405-598-7477

Hickory Hollow Homestead 918-844-6055

Jorgensen's Home Dairy 405-762-2898

K-Line Diary Farm 405-258-8584

Langhorst Natural Farms 405-388-1604

Lisa Berry 918-348-4959

LOMAH Dairy 918-533-7132

LR Family Farm 918-510-1899

McCarty Barn 580-461-5075

McDaniel's Farm 405-414-5890

McDonald's Farms 225-210-5297

Milk & Feathers Homestead 405-657-4665

Molly Moo Creamery 580-278-1418

Nunn Family 580-227-7250

O'Brien Family Farm 918-991-5131

Providence Farms 405-359-8359

Rooster & Bee Farm 580-471-9788

Rose's Raw Milk 405-850-0084

Saltgrass Dairy 717-609-3835

Smalltown Jerseys 580-661-2137

Sparrow Ranch 405-570-3723

Stewart Dairy Farm
stewartdairyfarm.com

Swan Brothers Dairy 918-341-2298

Swift Farm 405-679-8130

Tall Grass Jerseys 580-656-7055

Tate Family Farm 580-704-6390

Trinity Ranch 918-983-0018

Wingard Family Farm 580-320-0259

Wing It Ranch 918-230-1560

Oregon

Acres of Vitality
info@acresofvitality.com

Baker Point Farm
bakerpointfarm.com

Billanjo Family Farm 541-727-1881

Blue Heron Meadows 503-812-6182

Blueberry Sunrise Farm
realjerseymilk.com

Bones Family Farm 971-283-5372

Cast Iron Farm castironfarm.com

Champoeg Creamery
champoegfarm.com

*Deck Family Farm
deckfamilyfarm.com

Fat Hen Farm 541-957-9059

Folk River Farm 541-450-9351

From The Field Farm
fromthefieldfarm.com

Gina Nash 541-510-0379

Gourley Family Dairy
agourley@smt.net.com

Grassward Dairy 541-456-4243

Headwaters Hills 503-200-9672

Helios Farms heliosfarms.com

Heritage Family Farms 503-812-6182

Highland Creamery
highland-creamery.com

Hope Springs Dairy
hopespringsdairy.com

Indian Springs Farm 503-873-4136

Janie's Farmstand 541-658-5366

Jersey Lane Farm 503-710-7649

Jones Homestead
Joneshomestead.com

Just Earth Farm 541-234-3661

Kalebaugh Family Farm 541-480-5215

Lady Moos 541-912-9777

Lake View Farm 541-409-4497

Laurel Mountain Farms 541-740-4222

Lone Fir Dairy 541-742-7612

*Madrona Family Farm 541-218-7608

McAllister Family Farm 541-998-1464

Meyer Creek Family Farm 541-482-7099

*Midway Farms
midwayfarmsoregon.com

Millen Family Farm
millenfamilyfarm.com

Mountain Laurel Jerseys Dairy
mountainlaureljerseys.com

Oak Valley Farm 541-259-9406

Old Souls Highlands
oldsoulshighlands.com

Phillips Family Farm 503-380-2041

Polyrock Ranch 541-485-3359

Populist Creamery 541-300-9796

Pudding River Farm 503-873-2582

Putnam Homestead
Putnamhomestead.com

River Bend Farm 503-550-1505

Rose Arbor Farm 503-706-5459

Runnymede Farm 541-582-6193

Scorpio Gardens 317-430-6009

Summit Farms 541-296-8255

Terra Farma terrafarmers.net

Thorn & Thistle Farm 541-741-7172

Tide Creek Farms
aprilbeardsley.com

Wholesome Family Farm
wholesomefamilyfarm.com

Windy Acres Dairy 541-903-6455

Pennsylvania

A Joy Raw Milk 570-637-2987

Apple Valley Creamery
applevalleycreamery.com

Artisan Acres
farmmatch.com/artisanacres

*Barbour Farms
barbourfarms.com

B & D Farm 610-756-6574

Bear Meadows Farm
bear-meadows-farm.com

*Beiler Family Farm
beilerfamilyfarm.com

Bethany Farm 610-942-3996

Beyer Farms Dairy
beyerfarmsdairy.com

BMB Farm 717-377-3503

Bottom Hill Farm
maria@frostyoaks.com

*Broad Run Dairy Farm
broadrundairyfarm.com

Clover Blossom Acres
philnjessica16@gmail.com

Clover Creek Cheese
clovercreekcheese.com

Cogan Station 570-435-5913

Conoco View Dairy
conocoviewdairy.com

*Costley Dairy Farm 814-326-4098

Coulter Farms coulterfarms.net

Countryside Dairy 717-687-6565

Country Sunrise Creamery 717-679-3270

Cow Belle homemilkdelivery.com

Danny George 724-796-5960

Dave's Backyard Farms
davesbackyardfarms.com

*Dutch Meadows Organic Dairy
717-442-9208

Eighty Six Acres 86acres.com

Evergreen Meadows Farm 717-529-0204

Flint Hill Farm flinthillfarm-edcenter.org

Fresh Start Farm freshstart.farm

*Golden Gallon Acres
Goldengallonacres.grazecart.com

Green Ridge Farm 610-857-2351

Gross Family Dairy 570-983-4293

Hameau Farm hameaufarm.com

Hardler Farms 570-470-2541

*Harmony Acres
harmonyacres.com

Henry Glick 814-422-8059

Hilltop Meadow Farm 570-345-3305

Ironstone Creamery 610-952-2748

Klein Farms kleinfarms.com

Landisdale Farms
landisdalefarms.com

Meadow Ridge Farms
myrealfoods.com/meadowridgefarm

Meadow Run Farm
meadowrunfarm.grazecart.com

Millers Bio Farm
millersbiofarm.com

*Miller's Organic Farm
amosmillerorganicfarm.com

Misty Meadows Farm 610-488-0164

Moosic Mountain Meadows 570-352-4743

Muddy Toes Farm LLC
muddytoesfarmllc.com

Nature's View Farm
naturesviewfarm.com

Necessity Farms
necessityfarms.com

PA Farms Direct 877-723-2767

Pasture to Fork
Pasturetofork.com

Paul Fischer 717-440-4653

Pigeon Creek Farm
pigeoncreekfarmpa@gmail.com

Rohrbach's Farm
rohrbachsfarm.net

Sal-Lee Farm 610-588-2226

Soil & Soul Farm
soilandsoulfarm.com

*Spring Creek Farms
springcreekstrickerfarms.com

Spring Meadows Farm 570-864-0947

Sunset View Pastures 610-593-3038

Swampcrest Jerseys 814-267-9932

The Creamery at Knob Farm
thecreameryatknobfarm.com

*The Family Cow
Yourfamilyfarmer.com

The Grassfed Cows 570-992-5752

*Triangle Organics Farm
farmmatch.com/grassfedgoodness

Tussock Sedge Farm
tussocksedgefarm.com

Valley Brook Farm 717-629-5366

Wadel's Dairy 717-532-2473

Welsh Mountain Farm 717-768-3652

Wester Farm 724-932-3953

White Dog Farm 412-951-6300

White Night Dairy Farm 570-864-2333

White's Farm 724-258-6564

Rhode Island

Prairie Foods Prairiefoods.farm

South Carolina

Blessed Farm 843-830-5215

Butter Patch Farms 864-445-7399

Didaskalos Farm
didaskalosfarm.com

Hazelwood Farms 803-209-4431

Hensley Farms 828-208-2018

Milky Way Farm
scmilkywayfarm.com

Ringgold Family Farm
ringgoldfamilyfarm.com

Samaria Farm 803-645-5111

Shady Oak Farms 704-254-7258

Southern Oaks Jersey Farm 864-391-1898

The Farm Store 803-774-3276

Tucker Adkins Dairy 803-242-4743

White's Jersey Dairy 864-895-2358

South Dakota

Happy Grazing 605-925-4661

Serendipity Farmstead serendipityfarmstead.com

SVP Dairy 605-880-2497

Tennessee

Adamas Farms 423-465-1875

Amish Farm 615-584-4816

Annie Acres annieacres.com

Bee Naturally Healthy Farm 901-832-8520

Bonnie Blue Farm
bonniebluefarm.com

Brian Johnston 615-714-2965

Chequy Dairy 970-290-9183

Crimson View Farm
crimsonviewfarmmilk@gmail.com

Crossville Acres
crossvilleacres.com

Drama Llama Ranch 615-630-2701

Echo Valley Farms
echovalleyfarms.net

Elder Family Farm 901-832-5344

Freedom Farmstead
freedomfarmstead.com

Glory 7 Farm & Ranch
Glory7farmandranch.com

Gloryland Family Farmstead 615-636-2144

Greenbriar Farm 865-498-3276

Harris Farm 423-443-5355

Hickman Valley Farms 931-703-4452

Hold Out Farm
holdoutfarm.weebly.com

Hope Arising Farms 615-971-1405

Integrity Farms 931-409-8421

JBR Creamery 731-363-5231

Jersey D Farms 931-981-4340

Jones Farms 931-854-6185

Kelly Farm 865-352-7243

Kent Family Farm 931-305-9569

Lazy M Farms 276-594-5848

Leipers Creek Farm
experiencetheridge.com

Lightfoot Farmstead
lightfootfarmstead.square.site

Maple Biscuit Farms 423-255-9017

Martha's Milk 615-785-4460

Melissa 931-939-5021

Milk Creek Dairy
milkcreekdairy.com

Miller Branch Farm
millerbranchfarm.com

Mounts Family Farm 423-667-3199

Nourishing Source
nourishingsource.com

Orchard House Creamery
orchardhousecreamery.com

Peaceful Pastures
Peacefulpastures.com

Rambling Acres Mountain Farm
423-554-3777

Rustling Oaks Farmstead 615-266-6434

Sabbaticus Farm
sabbaticusfarm.com

Shawn Dady
tennesseansforrawmilk.com

Sincerity Farm 731-336-9469

Stay'n Put Farm 731-412-4318

Taylor Family Farm
taylorfamilyfarmtn.com

The Gorham Homestead
thegorhamhomestead.com

The Haven 701-770-3149

The Little Creamery 828-817-5210

The Milk Lady 423-715-8392

Tin Stone Cattle
tinstonecattleco.com

Twin Bridge Farm
twinbridgefarm.com

Tyree Family Farms 423-255-9017

Vaughan Family Farm
vaughanfamilyfarm.com

Whispering Willows Farm & Dairy
wwfarmanddairy.com

Wind Shadow Farm 423-584-0188

Zebulon Heritage Farm
zebulonheritagefarm.wordpress.com

Texas

Aitken Farm & Ranch
aitkenfarmandranch.com

All-Natur-L
allnaturlfarm@gmail.com

Armagh Creamery
armaghcreamery.com

Ash Acres ashacresrawmilk.com

Bears Dairy 903-725-7794

Big Stars Farm bigstarsfarm.com

Blue Quail Farms 806-225-7712

Bo-Tex Brown Swiss Dairy 972-743-7490

Castillo Cattle
castillocattleco@gmail.com

Cherry Mountain Dairy
cherrymountaindairy.com

Circle N Dairy circlendairy.com

Crystal Creek Farms 254-881-2022

CT Ranch ctranch.com

Diamond B Cattle
diamondbcattle.com

Dry Valley Dairy
dryvalleydairy@gmail.com

Fafo Farms fafofarmstx.com

Field of Dreams Dairy
fieldofdreamsdairy.com

Five Oaks Dairy
fiveoaksdairy.com

Four C Market 4cmarket.com

Four E Dairy fouredairy.com

Frydek Heritage Farm
frydekheritagefarm.com

Full Quiver Farms 903-498-3884

FX3 Dairy fx3dairy.com

Gallia Farms 817-760-6078

Gather & Deliver
Gatheranddeliver.csaware.com

Good Grass Farm
Goodgrassfarmllc.com

Green Cow Dairy 817-880-3247

Green Family Farm
Greenfamilyfarm.blogspot.com

Greenock Farms 254-709-2147

Healthy Way Dairy 409-739-2389

Heritage Farms
heritagefarmstx.com

Hill Country Milk
hillcountrymilk.com

Hoegger Family Farms
hoeggerfamilyfarms.com

Hopewell Family Milk Share
936-245-7825

Jersey Girls Milk
Jerseygirlsmilk.com

Laird Farms lairdfarms.org

Lavon Farms 972-423-8080

Lee Lynn's Farm lee-lynns.com

Like Wildflowers Homestead
likewildflowershomestead.com

Linda's Raw Milk 281-593-1005

Living Stone Homestead 713-443-7703

Majors Farm majorsfarmtx.com

McCown Family Farms
mccownfamilyfarms.com

Miller Farms
millerfarmsrawmilk.com

Monkey Ball Ranch 972-345-4406

Neufeld Ranch neufeldranch.com

N & P Farm 972-658-0291

Pampered Heifer Farm 469-297-8133

Pura Vida Farms
Puravidafarmsa.com

R & C Dairy randcdairy.com

Red, White & Moo Farm 254-702-4094

Richardson Farms
richardsonfarms.com

Sacred Thicket sacredthicket.com

Sandy Creek Farm 940-393-1176

Seasons Harvest
seasonsharvest.farm

Smiley Ranch smileyranchtx.com

Solid Rock Farm 702-715-5405

South Spoon Farms
southspoonfarms.com

Spring Creek Dairy
springcreekdairy.com

Stryk Jersey Farm
texascheese.com

Sun Smith Farm
sunsmithfarm.com

Terra Purezza terrapurezza.com

The Jersey Barnyard
texasjersey.com

The Waldo Way thewaldoway.com

Trimble Farms
trimblefarmsetex.farm

Triple S Dairy 254-723-4302

Vincent Farms rivervgrowers.com

Wethington Farms
wethingtonfarms@gmail.com

Wholesome Living Dairy
wholesomelivingdairy.com

Utah

Boot Hill Farm boothillfoods.com

Cache Meadow Creamery
cachemeadowcreamery@gmail.com

Everest Acres Homestead
everestacreshomestead.com

Finney Farm
finney@finneyfarm.com

Harmony Homestead
harmonyhomestead.me

Ivy Oakes Jersey Farm 435-830-9205

Kohler Creamery 435-654-0291

Petunia's Milk 801-362-1138

Redmond Farms
redmondfarms.com

Rose Family Farm 801-821-6866

Spring Brook Dairy 801-372-9650

Steele Farming 435-227-5823

Vermont

Apple Cheek Farm 802-888-4482

Barney Family Farm 802-592-3365

Between The Trees Farm
betweenthetreesfarm.com

*Brotherly Farm 802-276-9904

*Buttercup Mountain Farm
buttercupmountainfarm.com

Cedar Mountain Farm
cedarmountainfarm.org

*Critters Meadows Organic Farm
jneddo76@yahoo.com

*Cutting Farm 802-254-6982

Diversity Farm 802-476-4927

*Donegan Organic Farm 802-425-4528

*Earthwise Farm
earthwisefarmandforest.com

Family Cow Farmstand 408-666-9120

Flack Family Farm
flackfamilyfarm.com

Four Corners Farm 802-866-3342

Green Acres 802-234-6446

Green Mountain Girls Farm 802-505-1768

Hawk's Hill Farm 802-763-3921

Hillside Springs Homestead 802-287-6589

Holden Heritage 802-483-9981

Hollister Hill Farm
hollisterhillfarm.com

*Howvale Farm 802-889-3704

James Elworthy 508-340-7314

Jersey Girls Dairy Farm
Jerseygirlsdairy.com

*Kiss The Cow Farm
kissthecowfarm.com

*Larson Farm larsonfarmvt.com

Live Water Farm
livewaterfarm.net

*Maple Lane Farm
maplelanefarmvt.com

*Maplewood Farm 802-223-5401

*Meadows Farm 802-874-4092

Millicent Johnson 802-259-2386

*Myrick Farm 802-349-0727

New Grass Farmstead
newgrassfarmstead@gmail.com

New Morning Farmstead
newmorningfarmstead.com

New Village Farm 802-338-0116

North Meadow Farms
northmeadowfarms.com

Orb Weaver Creamery 802-343-6419

Rebop Farm 802-365-1974

*Simplicity Farm 802-496-2481

Sunday Bell Farm
sundaybellfarm.com

Wild & Rooted Farm
wildandrootedfarm.com

Woodard's Farm
woodardsfarm.com

Virginia

Auburn Lea Farms 434-283-8109

Avery's Branch Farms
averysbranchfarms.com

Bell's Valley Farm 540-414-5270

Bethel Homestead 540-439-2513

Brookfield Dairy Farm
brookfield-dairyfarm.com

Cream Brook Farm
creambrookfarm.com

Crow Foot Farm
crowfootfarm.com

Dayspring Farm
dayspringfarmva.com

Elim Springs Farm
elimspringsfarm.com

Fitrah Farms fitrahfarms.com

Full Quiver Farm
fullquiverfarm.com

Golden Valley Farms
Goldenvalleyfarmsllc.com

Golden View Guernseys 434-532-9639

Grass To Table
grasstotable@protonmail.com

Green Hills Nova
Greenhillsnova.grazecart.com

Hayes Valley Farms
hayesvalleyfarms.com

Heritage Farm 540-896-2446

Honey Brook Farms
honeybrookfarms.com

Honey Rock Haven 540-219-5133

Honeysuckle Farm
wright@rcn.com

Liberty Hill Farm
libertyhillfarmva.com

Little G Acres 703-582-2952

Manassas Milk Project 540-788-9663

Maranatha Farms
maranathafarms.com

Martha Bender 540-788-9663

Mercy Haven Farm
mercyhavenfarm.com

Morning Glori Farm
morningglorifarm.com

Natural Roots Farm
naturalrootsfarm.com

New Dawn Acres
newdawnacres.com

Oak Hill Dairy 434-808-2198

Our Fathers Farm
ourfathersfarmva.com

Over The Grass Farm 540-253-5228

Peaceful Heart Farm
Peacefulheartfarm.com

Pillow Farm Pillowsfarm.com

Rabbit Head Farm
rabbitheadfarm.com

Reality Farm realityfarminc.com

Refuge Of Liberty
refugeofliberty.com

Reynolds Livestock 276-780-4564

Rolling Knoll Farm 540-569-6476

Sapphire Farms
sapphirefarmsva.com

Seven Pines Farm
sevenpinesfarm.com

Six Days Farm sixdaysfarm.com

Somerset Farm wagerchicks.com

Sunny Horizon Dairy
sunnyhorizondairy.com

Sunny Knoll Eco Farm
sunnyknollecofarm.com

Sunset Lane Dairy 540-810-0758

Sunset View Farm 434-390-7116

Swallow Barn Farm
swallowbarnfarm.com

Sweet Land Farm
thesweetland.com

Triple Oaks Farm
tripleoaksfarmllc.com

Walton Farm 540-972-1738

White Oak Meadows
whiteoakmeadows.com

Wholesome Nova
wholesomenova.com

Windy Hill
windyhillva.weebly.com

Washington

Abundance Endeavors
abundance-endeavors.com

Blackjack Valley Farms 360-731-3382

Cozy Valley Farms
cozyvalleyfarms.com

Douglas Falls Creamery
angiebarton@live.com

Dungeness Valley Creamery
dungenessvalleycreamery.com

Grant Orchard Creamery 509-760-1694

Monroe Creamery
monroecreamery.com

Old Silvana Creamery 425-268-7961

St. John Creamery
stjohncreamery.com

West Virginia

Broken Arrow Farm brokenarrowfarmwv.com

Lucas Farm lucasfarmwv.com

Meadow Branch Farm 304-548-7161

Wisconsin

*Carlson Organics
jadecarlson63@gmail.com

*Grassway Organics
Grasswayorganics.com

*Organic Acres 608-943-6224

*Silver Pond Farm
silverpondfarmcsa.com

Sweet Can Dairy
sweetcandairy@outlook.com

Thompson Farm 715-202-3235

*Wachholz Family Farm
wachholzfamilyfarm.com

Wyoming

Becker Family Farm
beckerfamilystockfarm.com

Blackjack Dairy 307-258-3241

Blue Yonder Farm
blueyonderwy@gmail.com

Cross E Dairy
crossedairy@yahoo.com

Diamond S Ranch
wyomingrawmilk.com

D & J Farm 989-312-0613

Freeborn Farm 307-380-3088

Haderlie Farms
haderlifefarms.com

Shumway Farms
shumwayfarms.com

Whitts End Cattle Depot
whittsendcattledepot.com

Seafood

Alaska Fresh Salmon
alaskafreshsalmon.com

Alaska Glacier Seafoods
alaskaglacierseafoods.com

Alaska Gold Brand
alaskagoldbrand.com

Alaskan Blue Harvest
alaskablueharvestseafoods.com

Alaskan Harvest
alaskaharvest.com

Alaskan King Crab
alaskankingcrab.com

Alaskan Salmon aksalmonco.com

Alaska Seafood Company
alaskaseafoodcompany.com

Aqua Best aquabestnyc.com

Arkouda Fish arkoudafish.com

Beal's Lobster Pier
bealslobster.com

Blue Circle Foods
bluecirclefoods.com

Bristol Wild Seafood
bristolwildseafood.com

Browne Trading Company
brownetrading.com

Cameron's Seafood
cameronsseafood.com

Captain Jack's Seafood
captainjacksalaska.com

Catch49 catch49.org

Charleston Seafood
charlestonseafood.com

Citarella citarella.com

Cold Country Salmon
coldcountrysalmon.com

Copper River Seafood
copperriverseafoods.com

Drifters Fish driftersfish.com

Fish Ex Crab & Seafood
fishex.com

Fish From Trish
fishfromtrish.com/?v=7516fd43adaa

Four Star Seafood
fourstarseafood.com

Fulton Fish Market
fultonfishmarket.com

Great Alaska Seafood
Great-alaska-seafood.com

Halpern's halperns.com

Harbor Fish
harborfishcompany.com

Ivanoff Seafood
ivanoffseafood.com

Kai Gourmet kaigourmet.com

Linton Seafood lintonseafood.com

Lobster Anywhere
lobsteranywhere.com

Lobsters Online lobsters-online.com

Luke's Lobster lukeslobster.com

Lummi Island Wild
lummiislandwild.com

Maine Lobster Now
getmainelobster.com

Northwest Wild Foods
nwwildfoods.com

Ocean Box oceanbox.com

Pacific Dream Seafoods
shop.pacdream.com

Pike Place Fish Market
Pikeplacefish.com

Popsie Fish Popsiefishco.com

Premier Catch Premiercatch.com

Premier Meat
Premiermeatcompany.com

Quality Seafood Delivery
Qualityseafooddelivery.com

Riviera Seafood Club
rivieraseafoodclub.com

Salmon & Sable
salmonandsable.com

Salmon Sisters
aksalmonsisters.com

Salt River Lobster salt-river-lobster.com

Schoolhouse Fish
schoolhousefish.com

Sea Bear seabear.com

Sea To Shore Seafood
seatoshoreseafood.com

Sea To Table sea2table.com

Sena Sea senasea.com

Shoreline Wild Salmon
shorelinewildsalmon.com

Sitka Seafood
sitkaseafoodmarket.com

Sizzle Fish sizzlefish.com

Slack Tide Seafood
slacktideseafoods.com

Sockeyed Salmon
sockeyedseafood.com

Taku Fisheries takustore.com

Tanner's Fish tannersfish.com

10th & M Seafoods
10thandmseafoods.com

The Alaska Guys
thealaskaguys.com

The Crab Place crabplace.com

The Lobster Guy
thelobsterguy.com

The Wild Salmon Company
thewildsalmonco.com

Trapper's Creek
trapperscreek.com

Wild Alaska Direct
wildalaskadirect.com

Wild Alaskan Company
wildalaskancompany.com

Wild Alaskan Salmon & Seafood
wildalaskasalmonandseafood.com

Wild For Salmon
wildforsalmon.com

Worthy Seafood
worthyseafoods.com

Wulf's Fish wulfsfish.com

Vital Choice vitalchoice.com

Yakobi Fisheries
Yakobifisheries.com

Seeds & Plants

*=certified organic

*Adaptive Seeds
adaptiveseeds.com

*Annie's Heirloom Seeds
anniesheirloomseeds.com

*A.P. Whaley Seed Company
awhaley.com

Baker Creek Heirloom Seeds
rareseeds.com

*Basaltic Farms
basalticfarms.com

Bene Seeds beneseeds.com

*Blue House Farm
bluehousefarm.com

*Botanical Interests
botanicalinterests.com

Burpee burpee.com

Clear Creek Seeds
clearcreekseeds.com

Dave's Garden davesgarden.com

Diane Seeds dianeseeds.com

*Eden Brothers Seed
edenbrothers.com

Ethos Seed ethosseed.com

*Farm Direct Seed
farmdirectseed.com

*Fedco Seeds fedcoseeds.com

Ferry-Morse ferrymorse.com

*Filaree Garlic Farm
filareefarm.com

Forgotten Heirlooms
forgottenheirlooms.com

*Foundroot Seeds foundroot.com

*Fruition Seeds fruitionseeds.com

*Galusha Hill Organic Seeds
Galushahillseeds.com

*Garden Hoard Gardenhoard.com

*Grow Organic Groworganic.com

*Harris Seeds harrisseeds.com

Hawaii Seed Growers Network
hawaiiseedgrowersnetwork.com

Heirloom Seed Vault
heirloomseedvault.com

Heritage Seed Market
heritageseedmarket.com

*High Mowing Seeds
highmowingseeds.com

*Hudson Valley Seed
hudsonvalleyseed.com

*Johnny's Selected Seeds
Johnnyseeds.com

Mary's Heirloom Seeds
marysheirloomseeds.com

*Michigan Heirlooms
michiganheirlooms.com

*Nature & Nurture Seeds
natureandnurtureseeds.com

*New England Seed Company
neseed.com

Ohio Heirloom Seeds
heirloom-vegetable-seeds.com

Open Circle Seeds
opencircleseeds.com

*Oroville Garlic
orovillegarlic.com

*Park Seed Parkseed.com

Pepper Joe Pepperjoe.com

Pepper Lover Pepperlover.com

*Pinetree Garden Seeds
superseeds.com

Portland Seed House
Portlandseedhouse.com

Rare & Exotic Seeds
centeroftheweb.ecrater.com

*Redwood Seeds
redwoodseeds.net

Renaissance Farms
renaissancefarms.org

*Renee's Garden
reneesgarden.com

Resilient Seeds
resilientseeds.com

*Restoration Seeds
restorationseeds.com

Sandhill Sweet Potatoes
sandhillpreservation.com

*San Diego Seed Company
sandiegoseedcompany.com

Secret Seed Cartel
secretseedcartel.com

Seed Saver's Exchange
seedsavers.org

*Seeds From Italy
growitalian.com

Seeds Trust seedstrust.com

Seedtopia myseedtopia.com

Seedwise seedwise.com

Shady Oaks Ginseng
shadyoaksginseng.net

*Siskiyou Seeds
siskiyouseeds.com

Small House Farm
smallhousefarm.com

Snake River Seeds
snakeriverseeds.com

*Southern Exposure Seed Exchange southernexposure.com

South GA Seed Company
stores.southgaseedco.com

Sow Right Seeds
sowrightseeds.com

Sow True Seed sowtrueseed.com

*Sprout Mountain Farms
sproutmountainfarms.com

Strictly Medicinal Seeds
strictlymedicinalseeds.com

Terroir Seeds
store.underwoodgardens.com

*Territorial Seeds
territorialseed.com

The Heirloom Seed Store
theheirloomseedstore.com

The Plant Good Seed Company
Plantgoodseed.com

The Seed Guy theseedguy.net

Todd's Seeds
seeds.toddsseeds.com

*Tomato Fest tomatofest.com

Tomato Growers
tomatogrowers.com

Totally Tomatoes
totallytomato.com

Trade Winds Fruit
tradewindsfruit.com

*Triple Divide Seeds
tripledivideseeds.com

*True Leaf Market
trueleafmarket.com

True Love Seeds
trueloveseeds.com

Two Seeds In A Pod
twoseedsinapod.com

*Uprising Seeds
uprisingorganics.com

*Urban Farmer ufseeds.com

*Victory Seeds victoryseeds.com

Wild Boar Farms
wildboarfarms.com

*Wild Child Farm
soworganicseed.com

Wild Garden Seed
wildgardenseed.com

Wild Mountain Seeds
wildmountainseeds.com

Willhite Seed Inc.
willhiteseed.com

Snacks

*=certified organic

Better Option Foods
betteroptionfoods.com

Carlo's Grain-Free Granola
carlosgrainfree.com

*Pure Bliss Organics
Pureblissorganics.myshopify.com

Why Bars whybars.com

Spices

*=certified organic

Burlap & Barrel
burlapandbarrel.com

Cinnamon Vogue
cinnamonvogue.com

Curio Spice curiospice.com

Diaspora Co. diasporaco.com

*Essential Organics
essentialorganicingredients.com

*Frontier Co-op frontiercoop.com

Heray Spice herayspice.com

Kalustyan's foodsofnations.com

La Boite Spice laboiteny.com

Loisa loisa.com

Milford Spice milfordspice.com

Moji Masala mojimasala.com

*Mountain Rose Herbs
mountainroseherbs.com

New York Shuk nyshuk.com

Oaktown Spice Shop
oaktownspiceshop.com

Penzey's Penzeys.com

Piquant Post Piquantpost.com

Real Salt redmond.life

Rumi Spice rumispice.com

San Francisco Herb Co.
sfherb.com

*Simply Organic
simplyorganic.com

Solvang Spice solvangspice.com

SOS Chefs sos-chefs.com

Spice House thespicehouse.com

Spice Jungle spicejungle.com

*Spices For Less
spicesforless.com

Spiceology spiceology.com

*Spice Tree Organics
spicetreeorganics.com

Spice Trekkers spicetrekkers.com

Spice Waala spicewaala.com

*Star West Botanicals
starwest-botanicals.com

The Mala Market
themalamarket.com

Superfoods & Supplements

*=certified organic

*Acai Roots acairoots.com

Aki Organic akiorganic.com

Alovitox alovitox.com

Amrita amritahealthfoods.com

*Andean Star Super Foods
andeanstarsuperfoods.com

*Anthony's Goods
anthonysgoods.com

*Azure Standard
azurestandard.com

*Bare Organics bareorganics.com

Bulk Supplements
bulksupplements.com

Burmeister Ginseng
burmeisterginseng.com

*Country Life Natural Foods
countrylifefoods.com

*Cultivate Elevate
cultivateelevate.com

Cure Hydration
curehydration.com

*Divine Organics
divineorganics.com

*Dolce Superfoods
dolcesuperfoods.com

*eSutras Organics esutras.com

Food Guys foodguys.com

*Foods Alive foodsalive.com

*Food To Live foodtolive.com

Full Script fullscript.com

*Green Source Organics
gsoextracts.com

*Health Force Superfoods
healthforcesuperfoods.com

Healing With Minerals
healingwithminerals.com

*Health Ranger Store
healthrangerstore.com

*Health Works healthworks.com

*Imlak'esh Organics
mlakeshorganics.com

*Inca Living incalivingshop.com

Jung Kwan Jang Ginseng
Jungkwanjang.us

Ka'Chava kachava.com

Kaneka Nutrients
kanekanutrients.com

*Mayans's Secret
mayanssecret.com

*Micro Ingredients
microingredients.com

Natural Zing naturalzing.com

*Navitas Organics
navitasorganics.com

Nectar Hydration drinknectar.co

Now Foods nowfoods.com

*OMG Superfoods
omgsuperfoods.com

*OM Mushrooms
ommushrooms.com

Opportuniteas opportuniteas.com

*Organic Traditions
us.organictraditions.com

*Peruvian Power Foods
peruvianpowerfoods.com

Pure Original Ingredients
https://shorturl.at/rq7K8

Revive Superfoods
revivesuperfoods.com

Sambazon sambazon.com

*Sunfood sunfood.com

*Terrasoul Superfoods
terrasoul.com

Transparent Labs
transparentlabs.com

*Viva Naturals vivanaturals.com

Wisconsin Grown Ginseng
wisconsingrownginseng.com

Youngevity youngevity.com

*Zint zintnutrition.com

*Z Natural Foods
znaturalfoods.com

Vanilla

*=certified organic

Amadeus
amadeusvanillabeans.com

Beanilla beanilla.com

Native Vanilla nativevanilla.com

Slo Food Group slofoodgroup.com

*Vanilla Bean Kings
vanillabeankings.com

Vanilla Queen vanillaqueen.com

Voladores Vanilla
voladoresvanilla.com

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Carl's Jr. https://tinyurl.com/4j2ane4k
La Madeleine https://tinyurl.com/3a66xa2c
Macaroni Grill https://tinyurl.com/48mnyk3r
Dunn Brothers Coffee https://tinyurl.com/4e2x3x9r
Eastside Mario's https://www.eastsidemarios.com/en/nutrition.html
The Old Spaghetti Factory https://www.osf.com/about/nutrition/
Wawa https://tinyurl.com/yc4745x4
Qdoba https://tinyurl.com/43smz754
Whataburger https://wbimageserver.whataburger.com/Nutrition.pdf
Wendy's https://www.nutrition-charts.com/wendys-nutrition-facts/
McDonald's nutrition.mcdonalds.com/nutrition1/nutritionfacts.pdf

Burger King https://company.bk.com/pdfs/nutrition.pdf
Little Caesar’s https://tinyurl.com/3rf24h7a
TGI Friday’s https://tinyurl.com/2abmn8p5
Logan’s Roadhouse https://tinyurl.com/26xfrbw8
Popeye’s https://tinyurl.com/2xecncnp
Texas Roadhouse https://tinyurl.com/578c8vhp
Domino’s https://tinyurl.com/bpa7we45
Papa John’s https://tinyurl.com/2d3vbm9b
Outback Steakhouse https://tinyurl.com/25m584sx
Arby’s https://tinyurl.com/3enfkvk5
Sonic https://tinyurl.com/e97tnxa8
Dairy Queen https://www.dairyqueen.com/en-us/nutrition/
Hardee’s https://hardees.com/menu
Bob Evan’s https://www.bobevans.com/nutrition
Red Robin https://tinyurl.com/3sjpbxbn
Chipotle https://tinyurl.com/4w3s9fab
Culver’s https://tinyurl.com/kuzv3w9a
Applebee’s https://www.applebees.com/en/nutrition/info
Krispy Kreme https://www.krispykreme.com/about/nutritional-info
Dunkin Donuts https://tinyurl.com/3apyampt
Starbucks https://www.starbucks.ie/nutrition
Cold Stone Creamery https://tinyurl.com/5n75jhhn
Oberweis https://www.oberweis.com/fountain-menu
Ben & Jerry https://www.benjerry.com/flavors
Haagen-Dazs https://tinyurl.com/5n8w96sa
Del Taco https://tinyurl.com/bdzdrsh2
In & Out Burger https://tinyurl.com/4z7tb4fa
Rally’s https://tinyurl.com/2p9e2sww
Panera https://tinyurl.com/42nz3un9
Denny’s https://www.dennys.com/menu
Sbarro https://tinyurl.com/4p5tn95s
Jack in the Box static.jackinthebox.com/pdfs/nutritional_brochure.pdf
Five Guys https://tinyurl.com/3r9zke9x
Red Lobster https://tinyurl.com/387t4nes
Shake Shack https://tinyurl.com/yc78b42x
Chick-Fil-A https://www.chick-fil-a.com/nutrition-allergens
The Cheesecake Factory https://tinyurl.com/2ae8y6yu
Smash Burger https://smashburger.com/menu/
California Pizza Kitchen https://tinyurl.com/cxksxhf4
Boston Market https://tinyurl.com/2kzfp6hj
Au Bon Pain https://tinyurl.com/ym5hujvw
Great Harvest Bread https://tinyurl.com/48d8p6c6

Big Boy https://tinyurl.com/zfy88ub7
Shoney's https://tinyurl.com/bded9b9v
P. F. Chang's https://www.pfchangs.com/nutrition
Golden Corral https://www.goldencorral.com/nutrition/
Bar Louie https://tinyurl.com/29mmu4cc
Twin Peaks https://tinyurl.com/2mn9rvwu
Waffle House https://tinyurl.com/465p75pb
Buca di Beppo https://tinyurl.com/mr2m4h69
Cracker Barrel https://tinyurl.com/yujcnw88
Uno's Pizzeria & Grill https://www.unos.com/nutrition.php
Maggiano's Little Italy https://tinyurl.com/2pcf2xcb
Carrabba's Italian Grill https://tinyurl.com/bdeptf5x
Longhorn Steakhouse https://tinyurl.com/nb5fw26e
Bojangles https://www.bojangles.com/menu/nutrition/
Hooter's https://tinyurl.com/5n7yz66y
Yard House https://tinyurl.com/577jrbjs
Captain D's https://tinyurl.com/5n7t5xa7
O'Charley's https://tinyurl.com/5n7tx5ba
Famous Dave's https://tinyurl.com/sf2d43bu
On the Border Mexican Grill https://tinyurl.com/5kjnpmfh
Black Bear Diner https://tinyurl.com/3m4wjdn2
Bahama Breeze https://tinyurl.com/55jd9dk4
Beef O Brady's https://tinyurl.com/uy8k4x7x
Planet Smoothie https://www.planetsmoothie.com/menu
Tropical Smoothie Cafe https://tinyurl.com/ywr94r6n
Jamba Juice https://www.jamba.com/smoothies
Smoothie King https://www.smoothieking.com/menu/smoothies/nutrition
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Chef Jay is the Founder of Why Bars. He was homeless and living on the streets of Metro Detroit at age 11. He lost his entire family. After his days in an orphanage and multiple foster homes, he woke up to the hard realities of life. After serving in the U.S. Army for 6 years, Jay worked in the restaurant industry for 11 years. After struggling to make ends meet, entrepreneurship was his way out of poverty. Eight years of extensive recipe development led him to the creation of Why Bars. Jay has several books on Amazon.com: *Money: The Real Story, Conscious Consumption, Survey Central, Nutritional Nirvana 2nd Edition and Super Cacao: The Ultimate Super Food.*

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